



# 7 SECRETS OF POSITIVE THINKING

How to Control Your Thoughts  
and Achieve Your Dreams

by  
*Robert Greenshields*

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## **Secrets of Positive Thinking**

You've heard about positive thinking, you may even have read about it. Perhaps you have started to recognize that it is time to change who you are and become a more positive person.

Well, I'm glad you did.

Throughout this short ebook, you will learn some profound concepts on positive thinking. You will be taking a lot of information in...be prepared to learn and practice some valuable tools to help you banish the negative and welcome the positive.

Are you ready?

Great - let's get started!

## SECRET ONE: THE MIND/BODY CONNECTION

### Notes

Did you know that thinking is an action? Ponder that for a moment...thinking is an action. The mind is the place where the thinking occurs!

I'm guessing that you rarely consider the act of thinking. It's just something that happens as you go about your everyday life.

With our busy lives, not many of us take the time to just sit and think. Our hectic lives result in thinking being more instinctive and rarely planned.

You may find it hard to believe, but prior to saying 'good morning' to a co-worker, the thought of those words existed in your mind. Even before the words were spoken.

In addition, without thinking, we cannot move our bodies. For instance, think about the process of lifting your hand.

No, just don't think about it – go ahead and lift your hand. Do you know what's happening?

Well, it's a complicated process where the muscle contracts causing the motion of the hand.

An impulse from the nerve causes the contraction of the muscle. An action in the brain sends the impulse along the nerve.

The brain, nerve and muscle work together like the parts of a machine. The machine that is our body would have no action without the power of the mind.

*The machine that is our body would have no action without the power of the mind.*

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What about willpower? Can we affect change in our life by using our willpower?

You can try to will your hand to lift up as much as you like. However, unless the mind thinks something entirely different from the thought of willing – the hand remains stationary.

Have you ever gone on a diet? Willpower alone probably did not help you lose the weight; you had to change your thinking about food and exercise.

Bodily action is the result of mental action.

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What does all this have to do with positive thinking? Be patient...we're getting to that.

From time to time, we aren't in control of our mind. Forces in the external world cause the mind to act.

What if a child darted out in front of your car? Scary thought. I'm sure you would instinctively slam on your brakes.

Had your mind not sprung into action, you would have run into the child.

There would be no bodily action...the slamming of the brakes...without the action of the mind.

Although many external events influence the mind, the mind is the power behind all else in moving the body. Without the mind, there would be no motion.

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We can prove this profound statement by thinking about when there is no mind, as in death. The body cannot move. The nerves, muscles, tendons, and bones are parts of the machine, which the mind uses.

On their own, any parts of the machine (our body) are as powerless as a crowbar when a person does not grasp it.

**Why stress the mind body connection?** Well, if thinking has so much impact on what we do, then it is important to think the right thoughts.

Think about your own life for a moment. Do you feel energized and ready to take on the world when your mind is filled with negativity?

Do you feel productive and satisfied?

I'm guessing you answered NO.

The simple truth is...positive thoughts will get you far better results than negative thoughts. Positive thinkers discover constructive results in all aspects of their lives... business, relationships, and personal satisfaction.

If you employ the power of positive thinking, you will likely conjure up pleasant feelings and productive images.

These constructive feelings and images will affect your body. You may exude more energy and happiness, all having a positive impact in your everyday life.

*Positive thinkers discover constructive results in all aspects of their lives.*

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Remember, the combination of brain, nerves, muscles, ligaments, bones – these make up a wonderful machine that the mind builds and uses. You need to ensure your mind is filled with positive thoughts to benefit from the power of positive thinking.

Thinking the right thoughts, positive thoughts has far-reaching impacts in all areas of our life (we'll learn more about these impacts as our journey proceeds).

In Secret #2, we are going to learn about emotions and how they affect our well-being. A few things might surprise you...



## SECRET TWO: EMOTIONS AND THEIR EFFECT ON WELL-BEING

### Notes

In Secret #1, we learned that the mind and body are strongly connected. Because of that connection, we learned it is vitally important to think the right thoughts.

Well, it turns out that those thoughts also affect our emotions. And, the vast range of emotions that we experience everyday has a profound impact on our well-being.

Our daily emotions can run the gamut from contentment, to anger, from jealousy to rage, from joy to sorrow. Each of these emotions has an impact. Each emotion affects the body.

I wonder if you have ever been in a situation where it was inappropriate to laugh (say during a serious presentation). Did something overcome you and you found yourself bursting into laughter at the most inopportune moment?

Well if that scenario had happened to you, you have experienced an unintended action. An unintended action basically is something your body does that you did not mean for it to do.

A person does not usually shed tears because he or she decides to. The tears are unwelcome and typically follow an effort to suppress them.

Why do the tears flow?

Well, when the mind is filled with sorrowful or distressing thoughts, increased activity in the tear glands results. The fluid is produced in an excessive quantity, and the eyes overflow. Although you may not have intended to cry, the thinking that preceded the crying caused it to happen. An example of an unintended action.

*An unintended action is something your body does that you did not mean for it to do.*

Notes

When the sad thoughts subside, the tears no longer flow and your facial muscles return to normal.

What are some of the unintended actions of other emotions?

Well, have you ever noticed the physical changes your body experiences when you are angry?

- Does your heart beat faster?
- Does your blood pressure rise?
- Does your face flush or pale?

How about when you are scared?

- Do you break out into a cold sweat?
- Do you experience severe muscle tension?
- Do you grit your teeth?

All of the bodily reactions described are unintended and occur when you are experiencing emotions like fear or anger. Some of these reactions, like increased blood pressure, could be having a detrimental effect on your health.

Vastly different bodily changes occur if the thinking is of a humorous, witty or happy nature. The chest, throat and face muscles react through laughter and smiling to show your pleasure. You feel the beneficial flow of more oxygen to your brain.

Your muscles and breathing moved in response to the actions of your mind, even though it was not your intention to move them. And, the laughter and smiling you

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experienced won't stop until the thinking that produced the reaction ceases. The laughter and smiling can even be renewed with the renewal of that thinking.

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I'm sure you have found yourself smiling at your desk when you think back to a funny incident or joke. Just thinking about that pleasant memory can make you smile again...

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Well, we've shown that the physiological changes your body experiences when faced with different emotions are numerous.

When you think positively, your body also reacts positively.

Negative thoughts like fear, sadness and anger cause physiological reactions that have far-reaching negative impacts on the body.

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The mind body connection can be so strong that some people when hearing bad news will react by having serious problems with digestion. Others may experience a debilitating headache.

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With the obvious distress the body experiences in reaction to negative thoughts or feeling, it becomes even more important to employ positive thinking techniques.

With positive thinking, your body experiences stress relieving reactions like laughter and smiling instead.

*When you think positively, your body reacts positively.*

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With negative thinking, your body experience stress-inducing reactions like increased blood pressure and adrenaline.

Positive thinking is not all bells and whistles. What I mean is positive thinking does not mean going around pretending everything in life is perfect.

Positive thinkers are optimistic and realistic in the face of everyday adversity. They look for the positive in people, situations and experiences.

Conversely, the negative thinker focuses on the bad and they can even have stress related health problems. Negative thinkers may also find that people become less tolerant of their negativity and go out of their way to avoid being around them.

Want to know what you can do?

The next time you find yourself responding negatively to a situation or experience, think about the physiological impact that the negative reaction is having on your body.

Think about the stress on your heart. Feel your blood pressure rising. Recognize that your negative response is having a detrimental effect on your body.

Perhaps by thinking about all the negative impacts to your body and to your health that your discordant thinking is causing - will help you on your path to positive thinking.

What have we learned?

Thinking affects our emotions.

Notes

Our body physiology changes when we experience different emotions.

Negative thinking...

- Causes negative emotions

- Causes physiological changes with negative impact to our body.

Positive thinking...

- Causes positive emotions

- Causes physiological changes with positive impact to our body.

Are you puzzled about how to control your negative thoughts so that you can start seeing the positive impacts on your body? Then stay tuned for Secret #3 where we learn about how to control our thinking...

### SECRET THREE: HOW TO CONTROL YOUR THINKING

#### Notes

So far we have learned that there is an incredibly strong connection between our minds and our bodies. So strong in fact, that our thinking impacts our emotions.

Our body has strong physiological responses to whatever emotions we are experiencing. Negative emotions like fear and anger cause negative bodily actions like increased blood pressure. Positive emotions like peace and happiness cause positive bodily responses like increased oxygen flow to the brain!

What's in store for Secret #3? Here you will learn about how to control your thinking so that you can have those positive physiological responses in your body...instead of negative ones. Not to mention all the other wonderful benefits of positive thinking.

How do you apply the power of positive thinking in your own life?

The answer is simple...

STOP THINKING NEGATIVE THOUGHTS

Easier said than done – right?

Of course I'm not going to leave you hanging, we'll learn about the importance of controlling your thinking and eliminating those negative thoughts.

One way to control your thinking is to turn from the negative subject and give attention to another. Change

*Positive emotions cause positive bodily responses like increased blood flow to the brain.*

Notes

your thinking from the negative thoughts and think harmonious thoughts.

Amazingly, parents or caregivers of children, on a regular basis, apply this principle to stop negative thinking.

DISTRACTION.

For example, when a child is upset because a toy has been taken from them by another child, the parent or caregiver will attempt to take the child's focus off the negative situation.

If the child sits there and stares at the other child who took away the toy ... the crying will continue. However, if that child is distracted to start thinking about something else, say the cute puppy playing in the yard, they have moved from negative thinking about the lost toy to positive thoughts about the cute puppy.

The requirement to 'drop your negative thoughts' – to let go of it as one lets go of a rock in the hand – can be difficult. But, I want to point out that dropping the negative thought requires far less exertion in the long run than holding onto the negativity.

Controlling your thinking is one of the primary actions of your mind. Like all actions it can be difficult to describe. You can ask someone to 'hand you a book' but it is impossible to instruct that person on how to move his or her hand.

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There are three mental actions which are essential to the training of controlling your thoughts.

- How to think.
- How to stop thinking any particular thought which may be in the mind.
- How to change the thinking from one thought to another.

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While you are reading this article, you may be thinking, "It will just not be that easy to stop thinking my negative thoughts."

Well, the early scholars on the research of positive thinking disagreed.

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Edward Carpenter profoundly stated near the beginning of the 20<sup>th</sup> century "If a pebble in our boot torments us, we expel it. We take off the boot and shake it out. And once the matter is fairly understood, it is just as easy to expel an intruding and obnoxious thought from your mind, as it is to shake a stone out of your shoe; and till a man can do that, it is just nonsense to talk about his ascendancy over natures, and all the rest of it. He is a mere slave and a prey to the bat-winged phantoms that fit through the corridors of his own brain."

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When a negative thought creeps into your mind, you have the power to choose to banish the negative thought and call on a more uplifting one.

Try this mental exercise to help you STOP the negative thinking.

When a negative thought creeps into your mind, you have the power to banish it.



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We all experience the frustrations of driving. In fact, driving is considered one of the most intense daily stressors we experience. If you find yourself reacting disapprovingly towards a fellow driver, and you feel those negative thoughts creeping in, try to change the image in your mind. Think of something that you find calming or uplifting. Maybe it's your favourite vacation spot. Maybe it's the smile on a small child's face. Whatever it is ... change your focus to that thought instead of the frustrating driver.

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I hope that by doing this mental exercise, you will find that you allowed the fleeting frustration to pass and continued your drive with a much calmer and peaceful outlook. If you truly want to experience the 'power of positive thinking', you need practice in earnest. You will need to persevere.

If you do your best to stop negative thinking, in ways that your own knowledge and experience suggest, you will learn the lessons of positive thinking.

You may learn more about yourself than you thought possible! The earnest practitioner of positive thinking will gain an understanding and power that will enable him or her to do what seemed impossible at the outset.

In this Secret, we demonstrated a couple of tools to control our thinking. We will continue the journey in Secret #4 where we show that our reactions to unplanned external events will be vastly different when we practice the power of positive thinking.

## SECRET FOUR: HOW TO REACT TO EXTERNAL EVENTS IN YOUR LIFE

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### Notes

Since we are mid-way through our journey, this is a good time to reflect on some of the secrets we have learned while traveling down the self-development path.

Secret #1 – The mind and body are so connected that we need to ensure we think positive thoughts to experience a positive impact on the body.

Secret #2 – Our body has strong physiological responses to the emotions we are experiencing. If we choose to think in a positive manner, we will experience positive emotions. If we experience positive emotions, our body receives the positive health benefits instead of the negative health impacts like stress and high blood pressure.

Secret #3 – You can choose to banish negative thoughts! When negative thoughts pervade your mind, remember to use the visualization technique and take your mind to a calmer, peaceful place.

On to Secret #4, where you will discover the 'right' way to react to external events in your life.

It is a fact of life that you will experience events in your life that were unplanned or unwanted. How you react to these events speaks volumes about the type of person you are.

You experience an unexpected incident, you think about it, you act, and then follow further events resulting from your action. The factor governing our action is actually our thinking, and not the occurrence of the incident.

How you react to unplanned events speaks volumes about the type of person you are.

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That is quite a concept to grasp. An example will probably help you to internalize this concept.

Perhaps you are camping in the woods and discover that a wild bear is running toward a young child in a neighboring campsite. Several people witness the situation.

A person with a vivid imagination, pictures to himself all of the horrors that may happen and is paralyzed by fear. Another thinks only of herself and her peril, and runs away to get out of danger.

Yet another instantly faints from fear. His fainting arises from his mental anxiety and he only adds to the confusion of the situation.

A woman was so absorbed in setting up her tent that she did not see the wild bear, so she would not have been disturbed by it, nor would have taken any related action.

Another, seeing exactly the same situation of the pending bear attack that others are experiencing, is triggered by an entirely different line of thinking. He remembers that very loud noises distract bears from their course of action. Thus, he bangs on pot lids and yells at the top of his lungs, causing the bear to take its focus off the child. With this reaction, another adult is able to snatch the child and run away to safety.

In the example described, we have an external incident of the bear attack, the thinking of each person and his or her subsequent bodily action. Each action in the illustration was connected with the same incident, yet the resulting

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actions were from the person's thinking, and not the actual incident of the bear attack.

What's the relevance between our bear attack illustration and positive thinking? Well, the example proves that it isn't the incident you are experiencing that causes your actions; it is the thinking about the incidents that causes it.

So, when you are faced with a negative situation in your life, like the loss of your job, your resulting actions will depend on how you think about your circumstances.

If you think that losing your job means that you are worthless and unemployable, then your relating actions are going to be negative. You might sit on the couch for days watching mindless soap operas. Your actions are having a negative impact on your life and are moving you in a backward direction

What if you choose to be positive? What would happen then? What if you focused on the positives from losing your job? Maybe you think about that now you have the opportunity to explore a new career that has always intrigued you, then your resulting actions will be completely different.

You may investigate furthering your education. You might take a trip to your local employment center to learn more about your desired field. Your actions are having a positive impact on your life and are moving you in a forward direction.

When you are faced with a negative situation, your resulting actions will depend on how you think about your circumstances.

Notes

These examples illustrate that in every instance, it is not the external incident, but your own thinking that directs... controls...and decides what your course of action will be. Therefore, it is obvious then that thinking about situations and experiences positively will cause you to take a positive course of action.

Think that you can start applying this concept in your own life?

Why not start today! The next time you are faced with an adverse experience, consciously choose to think in a positive fashion. You might be surprised at how differently you will act as a result.

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I know that it can be tough to apply positive thinking everyday. Think of this eBook as your motivation to keep going.

Keep in mind Norman Vincent Peale's famous quote from the book, *the Power of Positive Thinking*. He states, "*Motivation is like nutrition. It must be taken daily and in healthy doses to keep it going.*"

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That's it! In Secret #4 of our journey into positive thinking, we learned how important it is to react to unplanned adverse events in a positive manner. Our positive thinking will keep us on course and ensure that our reaction to the event is a positive one.

Notes

I was wondering...would you like to be more productive in all aspects of your life? Stupid question...right? We all want to be more productive. Well, Secret # 5 uncovers the truth behind the fact that positive thinkers are people that are more productive!

## SECRET FIVE: ENJOY A PRODUCTIVE LIFE...WITH POSITIVE THOUGHTS

### Notes

I hope you have started applying some of the ideas from our first four secrets. There is no reason to wait – the sooner you get started, the sooner you will see results!

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*Among today's wells of wisdom is a little 'old' quote that never seems to show its age: "A journey of a thousand miles begins with a single step." - Confucius*

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In our last Secret, you learned how to 'react' to unplanned events in your life. Instead of viewing an unexpected event as something negative, you will have such a feeling of accomplishment if you instead try to see the positive. For instance, try focusing on what opportunity underlies the unplanned event.

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*"Most successful men have not achieved their distinction by having some new talent or opportunity presented to them. They have developed the opportunity that was at hand."*  
~ Bruce Barton, American Author

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There are lots of interesting books that show that positive thinkers are some of the most successful leaders of our time. These leaders do not let the obstacles like unplanned external events stand in their way. They reach up and around with a positive attitude and soar to success!

We have all read accounts in the newspaper stating that prolonged grief, fear and anger can shorten your life. Anxiety, doubt and despair can paralyze our productiveness. Bitterness, greed, lust, jealousy, and envy can cause people to commit wrongful and criminal acts.

Positive thinkers are some of the most successful leaders of our time.

Notes

Conversely, contentment, peace and satisfaction can produce beneficial effects. They can actually prolong your life!

I have read many studies on positive and negative thoughts and their impact on the body and actions. Here's an interesting experiment, conducted in the early 1900s that I thought I would share with you. This study was on the forefront of showing the relation between productivity and positive/negative thoughts.

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Imagine who thought up this study! One study has proven that hair actually grows slower when a person is subjected to several months of anxiety!

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Now, on to the study...

A Professor designed a spring regulated to maintain an even degree of resistance and to register the number of times it was pressed down. The test subjects were required to press down the spring with his finger until, from exhaustion, the finger refused to act. This part of the test determined the average number of times the spring was pressed, under ordinary circumstances, before exhaustion occurred.

Days later, the same subject was asked to think about some topic that would cause dissonant thoughts, like, what was the saddest thing that had ever happened to him or the person he most hated. After a long period of time thinking on the topic, so that his mind was filled with inharmonious thoughts, he was required to press on the spring.

Can you guess what happened?



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You're right; the average number of depressions performed under the negative mental conditions was much less than was made under the ordinary circumstances.

What happened when the subject thought about subjects like love, peace and happiness? You guessed right again – the number of times the spring was pressed was well above the number performed in the ordinary circumstances scenario.

Hard to believe that an experiment conducted so long ago, would have the same amount of relevance today.

Think about your own life for just a second. Have you noticed that you have far less physical or mental exhaustion following a pleasant day at work than one when you are engaged in disagreeable or stressful situations? I know that I have. I'm always motivated to do more in the evenings following a pleasant working day.

Before applying positive thinking techniques in my own life, I was more likely to want to sit on the couch, 'veg out' following an exhausting, and stress filled day.

The Professor who conducted the experiment just outlined, had a theory that the physical or mental exhaustion following a stressful day is caused by the absurd feelings of hurry, tension and anxiety. In other words, uncertainty, anxiety, worry and fear break a person down. But, if the mind is filled with thoughts of calmness, assurance, courage and confidence, then a person can be far more productive.

How can you apply an experiment conducted decades ago to the vastly changed world of the 21<sup>st</sup> century?

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Well, at the heart of it, you must ensure that you maintain positive thinking...no matter what you are enduring in your workday.

I'd like you try this mental exercise, the next time a coworker or customer does something that normally would have made you angry...

Instead of dwelling on 'how you were wronged', try thinking about something positive...like an upcoming vacation, or the adorable thing your child said to you the other day. Take your focus off the draining negativity and move it to your energizing positive thoughts.

It is important to remember that having a positive attitude and using your positive thinking is essential! Positive thinking will help you stay focused, reenergize the body and enhance your productivity!

So that's it in a nutshell, positive thinking influences your productivity.

Do you know how to look for the good in others and experiences? If not, Secret #6 will help you learn how!

## SECRET SIX: LOOKING FOR THE GOOD

### Notes

In Secret #5, we found out that applying positive thinking has the added benefit of making us more productive. Moreover, if you are like most people, you are living a fast paced life and would find being more productive to be very beneficial!

To help you continue on your path to positive thinking, it is time to learn about 'looking for the good' and that is what Secret #6 is all about.

Your mother may have told you '*always try to see the good in people*'. And as much as we hate to admit that our mothers are always right – in this case, she was right!

'Looking for the good in others' is probably something you were taught to do in your early education. Elementary school teachers are pros at helping children to learn to keep an open mind about others and experiences. Now, as an adult, you like the idea of it, but may have trouble applying this principle in your everyday life.

Turns out that looking for the good in people and experiences is an excellent way to turn your thoughts from the negative, into the positive, more harmonious thoughts. Remember, apply this idea to both people AND experiences.

Consider that even people that you may think of as wicked, lazy or insignificant have some good qualities and have done some good deeds.

Also, consider that even experiences that you consider time-wasters or places you would rather not be, can have some underlying good qualities.

Looking for the good in people and experiences turns your thoughts away from the negative.

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It is generally accepted that there was never a person who did not have some good qualities or who did not do some good deeds. There was never an experience that did not have something good in it, or closely connected to it.

The search for the good, if diligent and faithful need never be in vain! When you find the good, remember to treasure that you got there. When your habit of looking for the good in others is fully established, negative thoughts will seldom intrude!

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Let's illustrate the theory of finding the good in experiences with an example.

A young woman, living on a busy Manhattan street, complained that she could not sleep because the noises of the busy city street outside her house disturbed her. A colleague of hers suggested that every noise, whatever its' character, had a musical note and she should try to find that note in each of the various sounds which she heard.

She decided to give it try. She abandoned all attempts to go to sleep and pursued in finding the musical note within the city street noises. Not surprisingly, she slept soundly all night.

Why was she able to find the sound sleep that had eluded her for so long? The explanation is that before she had focused on the discordant characteristics of the noises that she heard, and by thinking these thoughts, she enlarged her consciousness of the negative, and kept herself awake.

In her search for the musical notes, she lost sight of the disturbing negative conditions, and she fell asleep because

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the discord of the noises no longer disturbed her. She let her mind focus and she got her desired result.

The search for the good in others and experiences, is one of the best methods for substituting negative thinking with positive, congruent thinking. A word of advice, do not limit your attempt to search for the good only 'in the moment'. What I mean is, when you are having a negative experience or with a negative person, don't go "oh yeah, I have to look for the good in people and experiences."

Instead, consider looking for the good a 'life work', constantly in exercise to eliminate negative thoughts.

When you are able to change your thinking so that you always 'look for the good', you will discover that your life will shine brighter and brighter.

Not only for you – but also for others around you...family, associates, co-workers, employees and friends. The plain fact is, people gravitate towards and want to spend time with others that look for the good in people and experiences.

Perhaps you have someone in your life right now that exudes the positive thinking lifestyle. Likely, others comment on how positive they are; that no matter what, they always see the bright side. They may comment on their positive outlook and that they are pleasant to be around and that nary a negative word comes out of their mouth.

Isn't it time that the people in your life started making statements like that when describing you?

When you are able to always look for the good, you will discover that your life will shine brighter and brighter.

Notes

I hope that you will reflect on this Secret the next time you feel a negative thought coming on about a particular person or experience. If you pause and ponder about the good in that person or experience, I promise that you will stop that negative thought dead in its track.

That ends Secret #6! In the final Secret, we will take a moment to reflect on the learning from our first six Secrets and we will discuss how this transformation to positive thinking 'is not always easy'.

Recognizing that you will have some challenges on your journey can help you to stay the course to becoming a positive thinker. Nevertheless, nothing that is good in life comes easy...right?

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I thought this quote from Sir James M. Barrie was appropriate for today's topic.

*"The secret of happiness is not in doing what one likes, but in liking what one does."*

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## SECRET SEVEN: NOT ALWAYS EASY

### Notes

Here we are, at the end of our journey. The time sure has flown by... I trust that you have been able to take some of the ideas we have learned so far and apply them to your own life.

Let's take the time to reflect on what we have learned during our six previous stops.

We started back in Secret #1 and we learned that the mind and body are so interconnected, that to ensure a healthy body, we must think the right thoughts...positive thoughts.

That led us into Secret #2, which explained that our bodies have very strong physiological responses in relation to our emotions. In fact, if we think positive thoughts, we will benefit by positive reactions in the body. Of course, the opposite is also true.

Secret #3 showed you that you could choose to banish your negative thoughts! You can learn to control your thinking - it takes perseverance and practice.

Our next Secret, #4, demonstrated how important it is to have a positive reaction to unplanned external events. We found that the positive response would set you on a positive course.

In Secret #5, you learned about how positive thinking can actually make you more productive. I am sure you will reap great benefits in both your personal and professional life by being more productive.

Notes

Secret #6 concentrated on looking for the good in others and experiences. Practicing this theory can help you banish negative thoughts from your life...forever.

Without further ado, let's get started on Secret #7 where we will talk about how this journey to becoming a positive thinker will not always be easy.

Have you ever noticed that the best achievements in your life were not always easy?

Maybe you had to work very long hours to capture that promotion which catapulted you into your dream job. Perhaps, you spent the first year of your child's life existing on very little sleep. You might even have sacrificed an exciting youth to get stellar marks in college or university.

I bet that when you think back on your achievements, your memories about the difficulties in getting there have long since faded.

The same is true with acquiring the power of positive thinking.

IT IS NOT ALWAYS EASY...

An established habit of any kind is not broken by a few feeble attempts. Persistence and determined effort will overcome even the most dominant habit. I know you can even overcome the dreaded entrenched habit of allowing negative thoughts to pervade your mind!

You can overcome  
the entrenched habit  
of allowing negative  
thoughts to pervade  
your mind!



Notes

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Hard to believe, but Aristotle had the handle on habits way back in his day and age.

*"We are what we repeatedly do. Excellence, then, is not an art, but a habit."*

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The condition necessary to succeed in changing your mental thoughts from the negative to the positive is PERSISTENCE. Every time the negative thoughts you are trying to banish, reappear – you must have the ability to persist.

Persistence really should not be too difficult to achieve. The beauty of the power of positive thinking is that you can practice it anywhere, under any circumstances and in connection with whatever your career or your personal situation may be.

You must be your own instructor because others cannot instruct you. Instructors are not the owners of your thoughts.

You must select and earn your own lessons and find out and correct your own mistakes.

I recognize how difficult this journey can be. I guarantee that perseverance; persistence and determination to succeed will overcome any obstacles and bring you to success.

Perhaps you have already succeeded on a few occasions to banish your negative thinking. The real question is...

Have you banished negative thinking for good?

Notes

Likely, your answer is no, but don't despair.

The fact is, if you have had any previous success, even on a limited basis, which proves you have the ability to practice positive thinking.

What a person has achieved once, they can achieve again.

This point is important because it indicates that complete success in banishing negative thoughts is attainable, despite the difficulties you may encounter.

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Perseverance in changing your negative thinking habits into positive thinking habits is essential. Orison Swett Marden made this profound statement about habits that I think is very appropriate when thinking about learning positive thinking...

*"The beginning of a habit lies in an invisible thread, but every time we repeat the act we strengthen the strand, and add to it another filament, until it becomes a great cable and binds us irrevocably, thought and act. "*

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Do not get discouraged. Remember that events of more or less importance will enter your life from time to time – that is understandable.

You may even have incidences that seem like failures, but they may all be overcome and turned into success. Remember, each and every time you recognize the pervasiveness of your negative thoughts, you are learning.

Perserverance  
is essential.

Notes

There is an old Chinese proverb that says, "Remain careful to the end as in the beginning, and you will not fail in your enterprise."

To achieve greatness, to achieve the power of positive thinking, you must persevere. It is the only possible course of action if you truly want to succeed in changing your life through positive thoughts.

I truly believe in the power of positive thinking and the profound changes it can have in your life. I hope you are beginning to see the great impact positive thoughts can have in your life.

I invite you to learn more at [SecretsofPositiveThinking.com](http://SecretsofPositiveThinking.com) where we uncover a lot more secrets.

Your journey may be difficult at times. Always remember that your greatest achievements usually come after hard work and perseverance.

I have enjoyed our journey together and truly hope that you can capture all the wonder and power of positive thinking.

All the best,

Robert Greenshields

ABOUT THE AUTHOR

Robert Greenshields is a certified trainer of Neuro-linguistic Programming and a licensed presenter of Kevin Hogan's '*Psychology of Persuasion*<sup>TM</sup>'.

He has 20 years' experience in business communication and marketing in senior roles in large corporations and as consultant. He is now a coach and author working internationally helping corporations and independent professionals to use the science of the mind to win more customers. He publishes a regular newsletter, '*Persuasion in Business*'.

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