

A graphic with a blue background. At the top right, a man with glasses is smiling. In the center, a woman with blonde hair is smiling with her hands on her hips. On the left, a man is smiling. The text 'Positive Thinking' is written in large, white, outlined letters. Below it, a list of three bullet points is shown in white, outlined text.

Positive Thinking

- **Control of Your Time**
- **Goal Setting Works**
- **Believe and You Will Achieve**

Presented by The Venture Quest Health Network

© 2007

DISCLAIMER: This information is provided "as is". The author, publishers & marketers of this information disclaim any loss or liability, either directly or indirectly as a consequence of applying the information presented herein, or in regard to the use & application of said information. No guarantee is given, either expressed or implied, in regard to the merchantability, accuracy, or acceptability of the information. Further, this information is not presented by a medical practitioner & is for educational & informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read. Since natural and/or dietary supplements are not FDA approved they must be accompanied by a two-part disclaimer on the product label: that the statement has not been evaluated by FDA & that the product is not intended to "diagnose, treat, cure or prevent any disease."

Positive Thinking

Table of Contents

What Causes Negative Thinking
How to Take Control of Your Time
How to create and Nurture Motivation
Procrastination Is Deadly
Goal Setting Works
Fighting Fear
Enjoy Your Job
Have Enough Money
Create Momentum
Solving Problems
Balance In Your Life
Brain Food
Healthy Body - Healthy Mind

What Causes Negative Thinking

Learn the Causes of Negative Thinking to Conquer It

Negative thinking can be a destructive force. It can cause you to pass up on the best opportunities in life simply because you don't believe it will succeed or that you don't think you're good enough. It can cloud your perspective on things and fail to see their potential. Some of the best inventions and discoveries were met with negative thinking.

From the steamboat to the telephone to the computers we use today, all the inventors and discoverers of these great technologies once had to struggle against people who opposed their novelty and unfamiliarity. So now the question: what causes negative thinking and why is it so difficult to correct?

Born to be negative?

Negative thinking can be a deeply ingrained thought process in the mind but it is by no means natural. Negative thinking is learned, sometimes through personal experience or through other people's experiences. When babies are born, their minds are similar to a blank slate. Each experience they encounter becomes the platform for

learning and if they learn negative thinking when young, they will retain this attitude even when they grow up.

So what causes negative thinking? Acquired thought patterns are to blame for making people hesitant and negative. The good news is, these thought patterns can be changed in order to develop a different behavior that people can use to improve their life. Learn to know these causes and how they affect your life in a negative way:

Past experience

One of the most common causes of negative thinking in people is bad experience. If you've been rejected before, or have experienced pain and ridicule in the past, it's often difficult to overcome the feeling that it could happen again. So maybe you failed miserably in your Science class and became the laughingstock of your high school for a whole year. Does that stop you from going to the prom?

Apparently, for many people, it does. Worse, it hounds them into adulthood, making them think of things and events in a negative way. Painful past experiences pave the way toward negative thinking and make the mind ripe for unconstructive thoughts. When they are

established within a person, they are often difficult to get rid of.

Learned behavior

Kids are impressionable. If they grow up in an environment that nurtures negative thinking, they often develop the same mind set.

Children often mimic what adults in their family or social circle do, so if they grow up in a household where negative thinking is prevalent, it would be no surprise if they bring that attitude with them into adulthood.

Lack of self-esteem

People who have no self-esteem tend to blame themselves for everything, whether or not they directly contributed to it or not.

When faced with an opportunity that could lead to a promotion or recognition, people who lack self-esteem often back off, thinking, 'I can't do that. I'm not good enough. I failed before, I'll fail again.'

Even if they did accept the opportunity and something goes wrong, they will simply say, 'I knew it would fail. I could never do anything right.'

Envy

Envy is a treacherous emotion because we often don't recognize it's in us until we experience its bad effects. Envy makes us say, do and think things that we normally would not in normal circumstances. Even if it is an unpleasant emotion, envy is a natural feeling among humans and each one of us has felt it, whether we admit to it or not.

Envy happens when we want what others have, either because we sincerely want it or because we believe the other person does not deserve it. Envy is a cause of negative thinking because in the end, it makes us believe we are inadequate and incapable.

Doomsday attitude

Some people prefer to look at the negative aspects of things simply because they have a badly skewed understanding of Murphy's Law. They nurture a Doomsday attitude because they believe in their hearts that things can't get any better and that no matter how good things are, they're bound to end.

People with the Doomsday attitude are sensitive by nature and are

easily hurt but you wouldn't be able to tell by the way they behave. By looking at things from a negative point of view, they distance themselves from the situation. If things succeed, they just simply walk away. If they don't, Doomsday people just nod their heads gravely and say, 'I told you so.'

Perspective

Another cause of negative thinking is personal perspective. People see things differently and what may constitute as loss to one person may mean an opportunity to another. Sometimes, it's just a matter of which side of the fence you're standing on.

Circumstances

Some people are not predominantly negative thinkers, but are only driven to think that way because of their present circumstances. If someone is suffering, in pain or is currently struggling with a problem, it's only natural that they react to certain events with less enthusiasm than everyone else.

Say for example, a friend of yours just lost his house because he

defaulted on his payments. Here you are, ecstatic at having your home loan approved quickly and getting a really great rate. If you tell your friend about your good fortune, he'll probably be thinking, 'Enjoy it, buddy. It won't last for long. We earn the same amount of money and if I can lose my house, you can, too.'

How to Take Control of Your Time

7 Tips for Taking Control of Your Time Right Now

Probably the greatest crime of all is wasting time. Not only is time a commodity that disappears, it is also a catalyst to change and opportunity. By letting it go, we lose the chance to say and do something that could lead us to a better life, a better career, a better future, a better self. Furthermore, wasting time leads to a vicious cycle of regret and loss of self-esteem. If you want to see changes in your life and encourage positive thinking within yourself, take control of your time now. Here's how:

Make that commitment to yourself.

The best way to create more productivity in your life and take control of your time is to start by making a commitment to be more

productive. To begin, get an appointment book or a small notebook you can use to keep a schedule. This will be a vital part of your goal to finally take control of your time. This is where you will be writing down what you want to accomplish and what you will do to make it happen. Essentially, this book will be your roadmap to success, planned, designed and executed by you.

Know what you want in life.

You cannot accomplish anything in life if you do not know what you want to obtain. Think hard and deep about what you truly want in your life and then list them down. At first, you'll probably think that some of those things seem ridiculous and far fetched but you must ignore these thoughts because they lead to negative feelings. Simply write down what comes to mind.

What do you want to be? What do you want to have? What makes you happy? What gives you a sense of accomplishment? What makes you feel good about yourself? What is that thing you'd like to do that makes you feel you don't need other people's approval for? When you have a clear answer to these questions, you will have known what you want in life. Keep this list handy and refer to it from

time to time. It's okay if you want to add or cross out certain things because you will find out that by taking control of your time, your priorities also change for the better.

Break down large tasks into several small tasks.

Some tasks are just bigger than others by nature and when faced with size, people who are used to wasting time just simply throw in the towel. Don't let this happen to you. Separate small tasks from big tasks and then determine which ones are urgent and which ones don't really need your attention right now.

Set a self-imposed deadline.

Avoid indecision by ensuring that you commit to a schedule. If you say you're going to turn in that paper by 5 p.m. on Monday, do so. If you committed to finish painting your living room by tomorrow, then make sure you meet your deadline. Tasks can go on and on if you don't honor your deadlines. If you have a schedule to meet, you can take better control of your time and avoid unfinished tasks.

Keep positive thoughts.

Accept that nothing is perfect. When you're in the process of learning how to take control of your time, you will discover that certain things don't turn out the way you want them to - the person you're supposed to meet cancelled at the last minute, the florist got sick so the flowers were not delivered on time, that job you wanted did not materialize, etc.

If and when things like these happen, don't lock yourself in your room and wallow in despair. Detours happen now and then, sometimes through no fault of your own. Simply acknowledge that you did your best and that it's time to work out something else. Don't allow yourself to get stuck in regret and what-could-have-been.

Leave enough time for emergencies.

Just because you are on a personal mission to take control of your time does not mean you should be trapped by a schedule. Be flexible. Have a back up plan to cover for adjustments.

Don't overwhelm yourself.

We all need a break and when you're working too hard, accept that your mind and body can only do so much. Take a break if you have to and make sure things don't overwhelm you. If things get a little tough, ease up on yourself. Find time to relax and regroup. You'll be able to perform better when you're rested and refreshed. If you need help, don't be afraid to ask for it.

Sooner or later in your life, you will be able to determine which actions lead to negative thinking and when this happens, you will be better able to use your newly established mind set to refuse these thoughts and replace them with better ones. It might take some time to completely rid your mind of negative thoughts and in fact, they do have a tendency to come back, but don't worry. Now that you know how to take control of your time, chances are, you're too busy accomplishing things to worry about negative thoughts.

How to create and Nurture Motivation

Steps to Creating and Nurturing Motivation

No matter how hard you try to accomplish anything, if you don't have the motivation, all of your efforts can amount to nothing. When you

don't feel the urgent need to push forward and see tasks to their completion, you will not be successful at performing and achieving what you have set out to do. Never mind that list of goals you have taped on your work desk - you won't be able to tick them off if you're not motivated. Feeling low lately or experiencing a loss of enthusiasm? Here are ways you can use to create and nurture motivation in your life:

Learn to see things from a positive point of view.

If you only entertain negative thoughts, you'll have a tendency to give up before you even start. Negative thinking can ruin your enthusiasm. If it rules your life, forget about motivation. You cannot force motivation into your mind if it is filled to the brim with negative thoughts and ideas.

Learn to shed these negative thoughts and replace them with positive ideas. It will take some effort at first, but once this habit becomes established, it is a lot easier to see the promise in opportunities and not the possibility of failure. When your thoughts are filled with positive emotions, it is a lot easier to create and nurture motivation in your mind.

Learn to conquer procrastination.

One of the worst antidotes to motivation is procrastination.

Procrastination can effectively dampen any feelings of motivation you might have created and nurtured, like water to flame. By procrastinating, you give yourself more time to let doubt in and once it starts to gnaw at your plans, you might begin to waver and ultimately, fail at your attempts in accomplishing anything.

Teach yourself to stop procrastinating and keep to your schedule.

Learn to prioritize your tasks, breaking them down if they seem too overwhelming and always refer to your goals to remind yourself what you came in to do.

Aim to improve.

Make a conscious effort to improve yourself and your circumstances.

Acknowledge that there is something lacking in your life and that you want it to change. Accept responsibility for what you have right now and quit blaming your circumstances and other people. There is no one else who can make you achieve things, only yourself. By taking that responsibility upon yourself, you learn to motivate yourself.

Don't take it personally.

Accept that there will always be moments when you'll feel you are not up to the task and that your level of enthusiasm may not always be at its peak. However, remind yourself that whatever it is you carry at the moment is only a feeling and feelings tend to change.

Of course, you will sometimes wake up grumpy or lazy and there will always be moments you will be wishing you were in another place doing something else. When this happens, don't begin thinking that you have failed to motivate yourself. These moments are temporary and will soon go away. Don't let low moments pull you further.

Instead, make a decision to accept whatever lack of enthusiasm you have at the moment and continue with your tasks. You'll find out soon enough that your motivation levels will start rising.

Don't take things too seriously.

When you're too focused on completing your tasks, it's sometimes easy to lose your sense of humor. Lighten up! Just because you are working on something does not mean you can't have fun. Learn to nurture motivation while keeping a level perspective of things. That way, you won't feel too miserable if things don't go your way at first. Better yet, you'll be better able to find creative solutions to things if you're not too uptight.

Give yourself a good pat on the back.

Motivation is not all about barreling forward with no thought of everything else. Learn to recognize your accomplishments, no matter how big or small. Take stock of what you have done, things you have completed and the quality of work you have put in. You'll be more motivated to perform better when you know what you are capable of and how far you have come.

Your reward doesn't even have to be expensive - a day off, a few hours at the spa, a special take out dinner, a bar of good chocolate and a glass of wine, etc. Just make sure your rewards truly deserve to be given and don't use the same rewards for ordinary events because you'll find them a little less special the next time.

Procrastination Is Deadly

The Vicious Cycle of Procrastination: Why It's Deadly and Why You Should Take Action Now

Procrastination is a deadly and treacherous habit. It makes you feel that it's perfectly all right to forego and delay because there's enough

time. Have to complete numerous chores today? Why not cross out some and do them tomorrow, or the next day, or the next? Need to finish that report? It can wait. Must make that call to that client? Probably later. Procrastination keeps you in a deceptive cocoon, making you feel safe by avoiding responsibilities. But did you know procrastination is a sign you're a candidate for negative thinking?

Negative thinking is common among people who suffer from a lack of self esteem and it prevents them from maximizing their potential. Procrastination only makes it more difficult for people to attain their goal and maintain a positive attitude. Worst of all, procrastination wastes precious time. As a result, your productivity decreases and whatever opportunities you could have had are lost.

How procrastination steals from you

When you use procrastination as a tactic to cope with or avoid certain tasks, you give in to it little by little. At first, it will be unnoticeable - after all, what's a few minutes lost when you can doodle on your desk, twiddle your thumbs, make coffee or dust the furniture instead of picking up that phone, completing that report or turning on your computer. Initially, it will seem like it's not such a bad thing to do,

especially if nothing bad happens.

Unfortunately, procrastination is addictive. Because you got away before, you will think that you can do it again. And you will, again and again. Pretty soon, that 15 minutes you used to delay a project or task becomes an hour, the hour becomes a day, the day becomes a week, the week you get the point. You'll wake up one day and realize you've just wasted a year of your life avoiding a task that could have been completed months and months before. Now, it has probably grown bigger and more problematic.

Stealing time

As the all-time champion of time stealing, procrastination is still at the head of the game. You not only lose time, you also lose opportunities, some of which could probably have done you good if you only took that first step to stop procrastinating and begin doing. Take stock of what just slipped through your hands - a chance at a better job, or a shot at stardom, or a way to get one foot in the door of that school you so desperately wanted to enroll in. Yes, procrastination is deadly. Give in and you could lose your job and career, put a strain in your relationship and make you think of

yourself as less of a person.

The deadly cycle of procrastination

So now that you realize what procrastination has done to you, would you feel good about yourself? Probably not. By procrastinating, you look back and see your lack of accomplishments as a sign of your failure. So you never got promoted or maybe someone else got to play in the big leagues or maybe you never got to build that real estate empire you dreamed of as a teenager.

When you realize how much you have failed to complete, your self-confidence is shattered. You begin looking at yourself and asking, 'What's wrong with me?' Pretty soon, you'll be pointing fingers at other things - your education, your past experiences, even your physical characteristics such as your height, weight or skin color - and putting the blame on them. You fail to realize that the source of your lack of self-confidence is nothing else but procrastination. It is the reason you got to where you are in the first place.

Now that you've lost self-confidence, do you think you can still maintain a positive attitude? Definitely not. You look at yourself and

see a failure. When an opportunity appears, you hardly have the energy nor the enthusiasm to grab it and take advantage of it to rise above your current situation. Gone is your can-do attitude because faced with an opportunity that requires certain tasks, you feel inadequate, unsure of your own talents and skills.

Instead of finally shedding your old skin and giving yourself a chance for renewal and progress, you refuse and avoid by you guessed it, procrastinating. And so the cycle of procrastination begins again.

Goal Setting Works

Goal Setting Works! How to Set Your Goals and Make Your Dreams Come True

If there's something you want in life, you probably are more likely to achieve it by carefully setting goals. Having goals is like having a piece of paper with directions on it - you know where you're going and what you need to do to get there. You don't need to be stuck with vague promises to yourself to make things happen because knowing what your goals are gives you a clear picture of what you are going to be in your life. You achieve more and become more.

Goal Setting is an art and a science.

As an art, goal setting requires that you are creative and innovative. After all, it is your life you are going to change and those are your dreams waiting to happen. Goal Setting reinforces what you already know you want to accomplish.

As a science, goal setting requires that you use a method and approach that is practical and achievable. This means that setting a goal is more than just telling yourself, 'I want to run the marathon' or 'I want to learn the violin' or 'I want to put up my own hair salon'. By setting goals effectively, you also utilize certain steps that will lead to their accomplishment. So instead of just saying, 'I want to run a marathon', you also add, 'I will train for six months beginning next week and then join my first marathon this coming spring.'

By reminding yourself of what you want in life, you reinforce that desire. The more you think about your goals, the more you want them to happen. And the stronger your wish to make them come true, the harder you will work in order to achieve them.

Creating your very own action plan

Every serious goal needs an action plan. This is the best way to accomplish what you want in life. But what exactly is it? And once you've made one, how do you implement it?

An action plan is not some vague, non-committal plan about accomplishing something. Do not treat an action plan the way you would a childhood wish - 'I want to be a doctor someday' or 'I want to build an orphanage.' Those are excellent dreams, but they're not action plans, at least, not yet.

An action plan is a list of goals accompanied by specific steps to accomplish them. An action plan is a solid reminder of what you intend to achieve within a specified period of time. Treat this plan as your life map, a book of things you need to do and finish in order to achieve a certain end. This action plan is important because you need to be able to organize and prioritize tasks.

Steps to creating your action plan

First, get a notebook or a planner. Next, write down what you wish to

accomplish and when you want it to happen. For example, if you want to put up your own online business specializing in gourmet cookies, write it down on the uppermost portion of the page. Next to it, indicate that you want to start your operations within 3 months.

Below this line, write 'Action Steps' and divide the page into four columns. List down the necessary steps you need to do in order to put up your business in the first column. In the next column, write down the necessary skills required for the job (baking skills, web building skills, design skills, etc.). In the third column, write down the physical requirements that the steps entail (business permits, baking equipment, money for web hosting services, etc.)

In the last column, indicate how much time you'll need to complete the steps - do you need a week to help you set up the web site complete with pictures of your products? Do you need a day to help you pick the best web hosting service for your site? Do you need two weeks in order to learn and perfect the recipes of the cookies you want to sell? List down the time period needed and write a particular date as your deadline. When you have completed this list, the next step is of course completing Step No. 1. Once that's done, you're on your way.

When memory fails

Why not commit everything to memory? There is nothing wrong with keeping your goals safe in your mind. The only problem is that memory tends to be deceptive and it's something that can change, adapt and be influenced by certain events and environmental factors. It's very easy to get confused with your goals if you do not write them down. Remember that time affects memory and can even dilute strong feelings about certain tasks. Use your goal list instead to remind yourself from time to time of what you have set out to achieve.

Fighting Fear

5 Tips to Fighting Fear and Getting Rid of It At Last

Are you afraid of the dark? Does fear bother you more than you think it should? Read the tips below and be amazed on how fear can easily be defeated.

1. Identify your fear

Experts say that there are many kinds of fear. However, most of the fears that people have are concrete examples of delusions. These refer to the way things are altered or misrepresented, such as the way people look at their selves and the way they view the environment.

Since they are delusions, most people cannot fully identify them. They just know they fear something but cannot pin down the actual source.

For instance, for an individual who is afraid of the dark, the question lies on why he is afraid of the dark. What is it in the dark that he is afraid of? To solve this problem, he should identify his fear. Does it have something to do with what happened to him before? Or is it just about the stories that he had seen or heard?

Experts say that it is important that individuals learn to identify their fear. Put them in details and recognize the areas from which the emotion is rooted. In this way, people will have a better way of dealing with situations. If somebody is afraid of the dark, for instance, he could say he is afraid of the ghost which usually comes out in the dark. With this, he is able to identify the things that

associate with ghosts and the dark and find out if such things really exist.

2. Earn more confidence

Studies show that fear is the biggest enemy of positive thinking.

When fear takes place, there is a tendency to stop believing in what is real. Hence, people create delusions or distortion from truth.

For instance, if a person is afraid that he won't make it to success just because he is afraid of being prejudiced, he will surely never make it. But with confidence and determination, there will be no more room for fear and positive thinking will prevail.

The problem with most people is that they tend to link negative things to positive situations. They distort the truth and create a new world full of fears and skepticisms.

Keep in my mind that life is a theater of war and every character has to fight and win the battle courageously. With all these things, confidence and positive thinking is the only weapon one has to obtain to be successful.

3. Do not ignore it

As much as you are trying to eliminate fear itself, it is not wise or healthful to, likewise, ignore it. Ignoring things will just make matters worse. If something has to be resolved, you should try to solve it and overcome the fear that bothers you.

The key to fighting fear is to evaluate your fear and understand how unreasonable and ridiculous they could be. Hence, it is important that you identify the reasons why you should not be affected by your fears.

4. Let go

Sometimes, people tend to hold on to things that they are afraid of. Funny isn't it? But people do this most of the time. Even if they feel uncomfortable about the situation or it often bothers them, they still hang on to the details.

Experts say that if you really want to fight back fear, let go of the feelings that overwhelm you. For instance, if you are afraid of the

dark, you can try to overcome it by staying in the dark. Assess the situation if there is really something to be afraid of. Once cleared, let go of the feelings.

5. Put things into viewpoint

People can overreact - most of the time. The problem is that fear can sometimes be big and distractive but in reality they are not. It actually appears as a flicker in the dark.

So if you put things into perspective, you will be able to see the other side of fear on a clearer point of view. Hence, analyzing what bothers you most will be a lot easier to deal with. It is all in the mind. Do not let fear take over your mind. You can do things better than that and without fear, you will definitely succeed.

Enjoy Your Job

Tips on How to Work at a Job that You Enjoy and Take Pleasure in Everything That You Do

Being positive about your job and managing to be happy with it is a matter of choice. Some people may say that it is difficult to think positively with their work. Come to think of it, they are all in the mind. Read the tips below and find out how thinking positively can let you work at a job that you enjoy.

1. Feel good about what you are doing

The very important thing about being happy with your job is to feel good about what you are doing. Let us face it, not all of us can get the job that we want. However, people can still be happy with it and enjoy their job. Feeling good about what you are doing is tantamount to the way you do things, how you understand job excellence, and focusing on your strengths.

Given the fact that there are some aspects in your job that you may not totally enjoy, it is still important that your job fulfillment is relatively higher. The point is that the more you enjoy your job, the more efficient you will be at work.

If at times you have to do things that you do not enjoy, you just have to employ positive thinking. It is a fact that positive thinking can be

very difficult to apply especially when you are doing things that you do not enjoy.

However, it is still possible. Focus on your strengths and on how you can apply these on things that you do not enjoy most. In time, you will excel. And by simply realizing job excellence, it will be easier for you to enjoy your job.

2. Take responsibility

Do not be confined with what your job description tells you. Some people just complain too much on things that they can, in fact, assume responsibility.

For example, if you think that you do not receive enough information based on the things that you need to facilitate the working process, do not just wait for the company to provide you with the things that you need.

As they say, ask not what your company can do for you but ask what you can do for your company. You can do this by gathering things that you need, taking initiatives on areas that you can do all by

yourself.

3. Maintain a realistic expectation about your job

The problem with most people who cannot find happiness with their current job is that they create expectations unrealistically. It is important that you know what to expect from your work and make it realistic. For instance, if the probabilities with your work are too high, you will just be disappointed. Experts say that expectations have the means of creating things or ideas in your mind, that is, most often than not, contrary to what is in reality.

This does not oppose what is said about positive thinking. Of course, it is important to think positively. However, it does not necessarily mean that you try to form a pre-conceived idea in your mind knowing that you cannot actually achieve it. Positive thinking and reality must always go hand-in-hand. It should never be in contrast with one another.

4. Learn to be flexible

This goes being able to accept changes. Some people find it hard to

accept changes at work. This can be attributed to the fact that having a new system, for example, can bring about uncertainty. However, you should accept the fact that everything changes. As they say, nothing is permanent except change.

Hence, in order to accept the kind of job that you do and enjoy it, try to adapt to the possible changes that may take place. It is that something that you can do that will let you work at a job that you enjoy.

5. Earn respect

To do this, you do not just have to stay like the typical goody-two-shoes you see in school. Respect has something to do with what you can do for your team or for your company. And this can relate to being able to work with people who are difficult to work with.

Things like these can be great challenges. Hence, you will be motivated to do more than what you or the other people expect from you. It is more of taking the challenges and trying to prove that you can do better.

With moments like these, who will not enjoy, right? So the best way to work at a job you enjoy is to compromise everything and perform every single pointer you have learned by reading this.

Have Enough Money

Positive Thinking Doesn't Come With Having Enough Money

Most people view financial success as a direct result of hard work and proper education. Many have forgotten the link between financial success and positive thinking. Although this connection may not be readily perceptible, studies show that financial success is more intertwined with positive thinking compared to other considerations like diligence, frugality, and even faith.

But not unlike most areas in life, this association between financial success and positive thinking is not without confusion or complication. There are people who see that the attainment of financial success is the key to having positive thinking; while there are others who perceive financial success as a direct result of one's positive mental attitude. Indeed, this complexity has turned into a classic chicken-and-egg debate.

But looking at many financially successful figures today, one can surmise that not all financially victorious people have attained positive thinking. For instance, many wealthy individuals still have a pessimistic outlook on life; and not surprisingly, many financially accomplished people hang themselves up with a noose or blow their brains out altogether. While it is true that wealth is among the many things that can bring happiness and contentment; financial success in itself can not go a long way toward achieving positive thinking. Clearly, the idea of financial success causing positive thinking can not work for long.

Now take a look at the concept of positive mental attitude as a cause of financial success. Putting positive thinking first gives the individual the determination and the discipline to attain his or her goal that is called financial success. Research shows that people who believe in positive thinking as the key to becoming wealthy are more adamant in their quest for success; and that they are more resilient to any disappointments or stumbling blocks that come their way.

Still, some may argue that people who believe and preach the power of positive thinking have already attained a certain level of financial

success; therefore it is easy for these people to talk about positive thinking as a key to financial freedom. But really, this train of thought can not be the working or the intention of people with positive mental attitude and financial success. The statistics are clear, famous people who have amassed great wealth are one in saying that they all started out with a firm resolution, a positive state of mind, that they will achieve financial success.

In a way, all the necessary characteristics that can propel anyone from economic quagmire into financial success can be acquired if and when an individual has attained positive thinking. Positive thinking is the crucial ingredient that will alter one's perceptions from being pessimistic to being a believer of success, that anything one wants out of life is possible. All plans that lead to financial success can not be put into action without positive thinking because it is the food from which conviction for success grows.

Positive thinking is not magic. It is not something born out of sorcery. Rather, it is a concept that anyone can achieve the things that are wanted in life by clearing the mind of the drag and overload provided by negative or pessimistic attitude. Positive thinking focuses ones beliefs and energies into the total achievement of one's goals. By

allowing only the positive thoughts to enter the mind, one is subjected to a complete environmental makeover in which an atmosphere of success is dominant.

Positive thinking is not a new concept. In fact it has been advocated by many mystics and preachers even before man learned that the world is not flat. As soon as people learned that humans are creatures that are heavily influenced by environment, the concept of positive thinking has been investigated. And sure enough, early believers in the power of positive thinking were not disappointed to find that it has a direct relationship with achieving not only financial success but other kinds of triumphs in life as well.

Truly, a person who believes and practices positive thinking can achieve anything. A positive thinker will have the confidence that the world will provide him or her with the means to attain his or her financial goal no matter what. On the other hand, financial success can not be the key to positive thinking. The happiness and contentment that comes with financial success can be temporary; which is not a characteristic of genuine positive thinking.

Create Momentum

Creating Momentum: First Step In Controlling Your Destiny

The concept of momentum has always occupied a special place in sports. And not too long ago, momentum has been established as a factor in an individual's quest for self-improvement and overall success. Clearly, the idea of momentum has gone beyond the confines of classroom physics.

Momentum is the unseen hand responsible for driving your business, your career, and other aspects in your life into high gear. Indeed, it is among the essential keys for success that will determine how much growth and success you will attain in your life. And more often than not, momentum is what separates winners from losers.

But unlike the other fundamental keys to success like positive thinking and level of influence among others, momentum exists in a very fleeting moment. In an instance, you may notice that you have momentum and then a second later you may feel that you have lost steam. Seizing momentum at the very moment that it is recognized and subsequently maintaining it is the master opener to the door of

success.

Momentum is present whenever you feel that any impediment that separates you from your goal can be easily taken down. You will know that you have gained momentum in your approach to success when everything that you do is accomplished easily and everything seems to move into your desired direction. Momentum is present when you feel that you hold the world in your hands.

Gaining momentum is important for people who want to achieve positive mental attitude, enthusiasm and unwavering energy. The presence of momentum makes you impervious to the disappointments and the drag brought about by failures. It is the buoy that readily lifts you up from the sinking ship; the booster rocket that makes you move away from the gravitational pull of past errors. Indeed, gaining momentum in any aspect of your life can bring about the following things.

Firstly, momentum creates positive thinking because the two are closely related. Both are requisites for success in any aspect of your life and both can feed off each other's intensity. It is only by means of positive thinking that you can recognize a momentum when it comes

down your path. On the other hand, the feeling of being successful or being unaffected by prior mistakes which is largely an effect of one's gaining momentum increases one's confidence and ability to maintain positive thinking.

Secondly, momentum brings about high energy because these two are complementary as the latter is a direct result of the former. When you have momentum, your surroundings seem to step aside for you to achieve your goals, financial or otherwise. Knowing that anything is possible is enough for anyone to have a seemingly abundant source of energy. Simply put, momentum makes you unstoppable.

And lastly, momentum delivers enthusiasm as the two are like peas in a pod. When you gain momentum, everything around you seems to be uncomplicated; every task that you need to accomplish seems to be child's play. In this regard, you become more enthusiastic about your environment. Gone are the days of putting off hard labor for tomorrow, gone are the days of whining and procrastination because you feel that you can do anything and become the best that you want to be.

However, as in the physical law pertaining to gaining momentum

states, a body in a state of idleness stays in that condition unless a certain amount of force is applied on it. Only after that certain force is applied can you gain momentum. Therefore, it must not be forgotten that in order for you to achieve momentum, an initial forward motion or a push, if you will, is necessary. It is important to note that momentum does not happen in a flick of a wand.

To ever reap the rewards of gaining momentum in your life, you have to start it with action. Action means actually going to the ball game to play and take the shot; it means actually talking to your prospects to make the sale. Taking action means stop dreaming and start making massive efforts that will result in your personal success and self-fulfillment. No amount of concentration and reading about the concept of momentum can actually bring about momentum because it is necessary that you take that first step into your journey to success.

Solving Problems

The Secret of Solving Problems

Efficiency matters to everyone who takes risk on the way businesses

run. Businesses have little patience for people who cannot apply resources and technology effectively. Hence, it is important to learn how to solve problems effectively.

Here's how:

1. Identify the problem

Just like the ones your teacher in grade school used to tell you about solving mathematical problems, it is important that you know what the problem is before getting into details.

Some people may say it is relatively easier than the other steps in solving problems. Come to think of it, it is the hardest. Why? Simply because some people cannot readily identify what their problems are. They can rumble and snap at everyone all day without even realizing what was wrong.

Keep in mind that the probability of solving the problem is boiled down to the ways you can identify your problems. This means that you have to quit the generalization and be more specific.

For example, if you want to solve some problems with your closet, do not just delve on the way it appears from the outside. Try to see things in a more specific manner. If you think that your problem is having a messy closet, go deeper; be more specific with the dilemma. Eliminate old clothes or stacking clothes according to their type.

Once identified, problems are a lot easier to deal with.

2. Identify the cause

In most cases, people tend to jump right into solutions. Most often than not, people are too busy to think of ways on how to solve problems that they have the tendency to disregard the main causes of the problem.

The point here is that it will be more difficult for you to solve the problem if you do not know what has caused it in the first place. Knowing the possible causes can effectively create suggestions as to how you can solve the problem. The key to solving problems is not just treating the indicators of the problem. It is important that you deal with the root itself.

3. Be positive about your solutions

The problem with most people is that they try to come up with ways on how to solve their problems effectively and yet they feel bad about it or is uncertain with the things that revolve around it.

Will this solve the problem? What if it does not?

Questions like these only pose hesitation and may bring more harm than good. Hence, it is important that by the time you have created solutions, you must be positive about it because you have analyzed the idea thoroughly.

4. Understand your limitations

Things may not always work your way. There are times that your limitations may hinder the probability of solving the problem all together. After all, you are not Superman or Wonder Woman. Hence, to avoid frustrations or disappointments, it is important that you understand your limitations as well. This can be supported by your goals and objectives. By setting up a specific goal or objective, you will be able to pinpoint beforehand your capacity to solve the

problem.

5. Learn detective work

Solving problems is not as easy as 1-2-3. In big organizations like corporations or businesses, it is important that you know how to analyze the problem, create solutions, and enforce leads and dig clues by playing detective work.

Information could be the greatest common commodity of all but it does not come always when needed. In most cases, you need to find it. Hence, if this is the only way to solve your problem, then it is important for you to accumulate information by obtaining details in different ways.

For example, you can obtain information just by listening to people or reading printed materials. Keep in mind that solving problems is not a matter of following a linear process. It is more about combining different pieces and coming up with an effective solution. Assimilation can always bring forth success when solving problems.

Boiled down, solving problems is not just an either or thing. It is more

of how you can create systematic solutions based on the resources and information that you have. Moreover, take actions when needed and adjust everything that needs to be adjusted. In this way, you can adapt to changes that may take place as you try to solve your problems in a logical manner.

Balance In Your Life

Balance Your Life

Work hard, play hard. That's an adage our parents taught us. If you want a movie example, take note of two extreme characters. There's Owen Wilson in *You, Me and Dupree* - the classic slacker who lives off the kindness of his friends. There's Keanu Reeves in *Sweet November* - who is such a workaholic that he has no time for anything or anyone else.

In the two mentioned movies, Owen was taught to be productive by his best friend Matt Dillon while Keanu was taught to appreciate life by his girlfriend Charlize Theron. We can conclude that movies pretty

much reflect real life. The moral of these two movies is that we should balance our lives in order to be more productive.

By practicing the following habits, you will find yourself leading a balance life.

1. Values govern decisions

You have to be aware of what your priorities are. By assigning priorities, you will easily handle the conflict the minute it arises. If you were asked what your five priorities are, you will not have a hard time answering this question. You have to clarify these values on your own because, if not, you will run the risk of getting in situations where you are no longer balanced because a lot of your time are spent on things that you really do not value.

2. Recreation, reflection, planning

You have to make time for these three. People who are stressed feel that their daily activities devour them and they no longer have time to reflect. Therefore, the best way is to make time. Some have a fixed time each week. This is when they devote recreation, reflection and

planning.

3. Have a weekly plan

Some are worried to plan because they feel that they won't push through. To remedy this, they are advised to have a weekly plan, at least. This is a revolutionary exercise which entails them to note down what they deem to be a priority for the week. This applies to work and free time activities.

4. Say No

Many believe that saying no is rude but this does not have to be the case. If you say no, there is a good to it because you will eventually be perceived as someone who is focused. You will give them the impression that you are pretty much aware of what you want and are honest. Consider the possibility of saying yes to something which you have no time for. If you do this, you will only put yourself at a risk if you do it carelessly or worse, if you do not manage or handle it well.

5. Draw the line between work and home

Some do not take their work home with them. Just as they do not

bring their home to work. Take for example, Thomas Gibson in criminal Minds. He was once asked how he did it - to be so focused in his case. His answer, when I'm with my family, I'm with them a 100%. When I'm with you working, I'm with you a 100%. Besides, if you work at home, it would only add up your stress level. If you bring home to your work, you would only get distracted.

6. Allocate your time

Learn how to delegate. The first step is by saying "No." You should also be aware of your limitations. If you know that you won't be able to do the task because of time constraints, then don't accept it. If there is a social event that you cannot go too because you have a family gathering, then you should say No. Here is where the weekly planning helps because it makes you aware of what your priorities are.

7. Multitask

When you multitask, you accomplish trivial duties spontaneously. But the key to multitasking is knowing whether these simultaneous activities are still productive or are already half-baked. There are

some tasks that require your undivided attention. You have to perfect your time management skills.

8. Make time for yourself

Finally you have to make time to just be with yourself. This is when you can relax and have a break because you need it. Watching TV is already a form of relaxation - that is if it is something you enjoy doing. Reading a book is another one. If you have the time and the money, then you can plan a vacation with your loved ones. Soon enough, when you go back to work, you will feel refreshed because you already recharged your batteries.

Brain Food

Brain Food Triggers Positive Thinking

Virginia Woolf once wrote, "one cannot think well, love well or sleep well if one hasn't dined well." The foods we eat directly affect how our brain performs. By eating the right kinds of food, IQ is boosted and mood is improved. The individual is also more emotionally stable and the memory is more sharp and the mind young.

By giving the brain the right nutrients, one can think faster and have better memories. This will make you more balanced and coordinated especially at times when full concentration is required.

Protein

Protein can be found in fish, milk, cheese and meat. It provides the body the building blocks it needs to regenerate the tissues, internal organs (heart and brain) and nerves. Proteins are also used to make the neurotransmitters improve the mental performance of the brain.

Carbohydrates

Carbohydrates are responsible for enhancing the absorption of the tryptophan which is turned into serotonin when it enters the brain. About thirty minutes after eating food containing carbohydrates, the individual is more relaxed and calm. This effect lasts for several hours. Food containing carbohydrates are fruits, vegetables and grain. Digesting carbohydrates result in the breaking down of this nutrient into glucose which becomes sugar. This is the brain's primary energy source. If the glucose level fluctuates too much, then the individual experiences dizziness, mental confusion, loss of consciousness and

even severe convulsions.

Fat

The brain is composed of 60% fat because brain cells contain myelin sheath which is 75% fat. Fats are messengers because they regulate the blood circulation and immune system. This affects the mood and the memory of the individual. Omega 3 fatty acids are important to the over-all brain performance. Lack of fat leads to poor memory, depression, learning disabilities, ADD, low IQ, dyslexia and other mental disorders. Salmon, trout, herring, sardines, tuna, anchovies and mackerel contain fats.

Vitamins and Minerals

These are important for the functioning and growth of the brain. B Vitamins are important because they have a vital role in the production of energy. Vitamins A, C, as well as E are antioxidants and preserve the memory for older people. Minerals are important to the brain's function and performance. Manganese and magnesium are required by the brain energy. Potassium, Calcium and Sodium are crucial in the brain's thinking process because these facilitate the

relaying of messages from the sensory nerves to the brain.

Water

The blood is composed of 83% water. It also acts as the messenger of the nutrients into the brain. It eliminates the toxins in the body as well. The brain has to be fully hydrated so that the circulation of the blood goes well. Water is important for mental alertness. Research shows that people are partially dehydrated because they do not take in the required dosage of water on a daily basis which is 8 glasses. If that is the case, the brain works below its full potential and capacity.

One must feed the brain in order to think positively. The right diet results in positive thinking. Here are tips on how one can make the most out of brain food which triggers the power of positive thinking.

1. Balance your glucose because it adds fuel to the brain. Eat foods rich in carbohydrates at night time because it helps you relax. When you wake up the following morning, you will be energized.
2. Eat fats. Make sure that your diet contains Omega-3. Try to eat fish once in a while, not just meat. Fish are rich in Omega-3 and this will

increase the fat levels in your body.

3. Add more protein to your diet. Proteins are important for the brain to think properly. Have a lot of protein intake during lunch because it will help you stay alert for the rest of the day.

4. Foods that are rich in vitamins and minerals are responsible in turning the mind. This enables the individual to think faster and better.

5. Drink 8 glasses a day. If you can 1.5 to 2 liters is better. This keeps the brain well-hydrated.

6. Exercise and eat properly. Do not have midnight snacks because these are unhealthy. Your main meal should be before 7 in the evening. This will allow your body to relax and take in all the nutrients it had accumulated the whole day.

Healthy Body - Healthy Mind

Having a Healthy Body is also Having a Healthy Mind

You should lead a healthy lifestyle to have a healthy mind. Studies show that a person who lives this kind of lifestyle not only lives longer, he also gets to do more accomplishments.

We live in such a fast-paced society that we hardly take the time to relax and take care of our bodies. However, those who make sure that they exercise prove that they can think faster and better than those who simply slack off.

The mind and the body go downhill in the later years of a person's life. In order to remedy this, it only makes sense that the person lets exercising be a part of his daily regimen.

The first step is to realize that the body and the mind are interconnected. The body breaks just as much as the mind slows down. But by staying fit and healthy, there is less chance of these two scenarios (the body breaking down and the mind slowing down) happening.

It is within the person's control to fix the lifestyle he has now in order to continue having a healthy body and a healthy mind. With the help of modern science, the steps he has to do in doing so is easier and

clear. There are tons of strategies he can follow in order to delay the breaking down of the body and the slowing down of the mind. One of these is exercising.

You have to remember that as one gets older, the body and the mind break easier and it takes a longer time to recuperate. Also, once the body and the mind are broken, it will eventually be broken a second time.

Don't be like some people who break down and give up. This bunker mentality will only result in your body and your mind heading toward a downward spiral and you wouldn't want to go there.

So what do you do when you get to that point? Well, here are some basic exercises you can do in order to have a healthy body and healthy mind.

1. Walking

You can set the pace yourself. You just have to make sure that you do this on a regular basis. You can do it for as short as 30 minutes or you can do it for as long as two hours. It really depends on how much

you are capable of handling. The only danger one can encounter during walking is accidentally falling off the cracks or stumbling on the bumps along the way. Most doctors suggest walking.

2. Weight Lifting

As we get older, we must be careful of our bones. Regular weight lifting provides strength and also increases the density of the bone. For women who are worried about getting the build of a man because of over-developed muscles, you need not worry.

Just engage in an exercise that allows you to tone the body instead. By lifting weights, the dimensions of the body are improved and strength is also increased. Have a partner when weight-lifting so that he or she can assist you when you need it.

3. Swimming

Noticed how swimmers have a healthy physique? Apparently, not only is swimming influential to developing a healthy body, it can also help you have a healthy mind. Walking and weight lifting are limited to specific parts of the body whereas swimming tones the trunk as

well as the upper and the lower torso. It's an all-around exercise.

Just remember to start slow. You need not rush yourself in order to get the best results. These take time. A healthy body and a healthy mind will eventually come to you as long as you do these exercises regularly and properly.

You should also take time off. By having a break and relaxing, you give your body time to recharge and soon enough, your hard work will show. Just remember to keep up this lifestyle. Sometimes, you won't have the energy and interest to do the exercise. When this happens, you have to fight the temptation to hit the sack again.

This is pretty much the reason why some people prefer to have a partner so that their exercise routines are consistent. Whenever they are by themselves, there is the tendency to skip a day. It may just be a day but it still has drastic results.

End

Presented by The Venture Quest Health Network

© 2007