

The Power of Positive Thinking

It's that little voice that whispers when you least want to hear it, echoing all of your fears, doubts, and insecurities. You know that voice, the one that talks you out of making positive changes in your life, telling you you're going to fail before you try, everyone's going to laugh at your great idea, or you're not worthy of a living a life full of success and happiness.

This voice is powerful. It keeps many people in the Land of Comfort, holding them back from achieving the goals and dreams they truly desire. It ends careers, relationships, and even keeps people from reaching their ideal weight.

The good news is this power can be weakened. By simply becoming aware of what you're thinking, you can change those thoughts of defeat into thoughts of success. No matter what goals you have set for 2010, move closer to achieving them by following these simple and effective strategies to eliminate negative thinking. In just a short time you will feel more positive, more successful, and more in control.

1) Write Down Thoughts

Thousands of thoughts go through our head each day and many of them are negative. We are also bombarded with negative images through the internet, news media and various social circles. Spend some time becoming aware of what you're thinking and notice any patterns. For example, if you're trying to shed those last 10 pounds but are always thinking "I'm fat", that negative thought may be keeping you away from reaching your goal.

2) Choose an Effective Strategy

Once you become aware of what you're thinking, you need to find a strategy that can help you move past the thought. Here are three ways to regain control of your thinking. Try them all, and then choose which one works best for you.

A) Call It Negative

As soon as you realize you're having a negative thought, call it just that, a negative thought. The simple act of awareness will weaken its power.

B) Replace With Positive Thought

Once you become aware of the negative thought, you can choose to replace it with any positive thought. For example, "I am fat," becomes "it's a beautiful day outside."

C) Replace With Opposite Thought

Instead of calling it a negative thought, or replacing it with any positive thought, you can also change the thought to the exact opposite. For example, "I am fat," becomes "I am thin," at first this may feel awkward but will get more comfortable with practice.

3) Express Gratitude

One of the best ways to become a more positive thinker is to express gratitude each and every day. When you feel a negative mood approaching, make a list of everything in your life that you are thankful for and why. Before you know it you will feel uplifted, happy, and truly grateful.

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