

Focus on the Positives, Not the Negatives and Achieve Success

I believe that the Number 1 saboteur next to People Pleasing is Stinking Thinking!

Have you ever observed the stuff you say to yourself all day long? Do you realize how much of it is negative and defeating? If you are going to be up to big things in your life, then you are going to have to change your thinking and your talking. I know you've heard that attitude determines altitude. Well, in my world the Law of Attraction Rules. I have seen it work in my life and in my client's life over and over again. It is the foundation for attracting more of what you do want and less of what you don't want in your life.

The Law of Attraction says that you attract to your life whatever you give your attention, energy, and focus to, whether positive or negative. So simply put, if you focus on positive and good things (thoughts) in your life, you will attract more of what you do want in your life. If you focus on not enough and negative things, (thoughts) in your life, you will attract more of what you don't want in your life.

In Michael Losier's book, "Law of Attraction Book: The Science of Attracting More of What You Want and Less of What You Don't", he states: "When you make a statement containing the words don't, not or no, you are actually giving attention and energy to what you don't want. Simply ask yourself "So what do I want?"

Here are some examples of how this negativity shows up in your life. You might say things like:

I don't want my clients to cancel.

I don't want to be late.

I don't want to have that conversation.

I don't have enough money.

I don't want to say NO.

I don't want to be a whiner.

All these thoughts contain the word 'not' and are negative, and each time you say or think them, you end up attracting more negativity into your life.

Here are 4 things to keep in mind.

1. This thinking is not terminal.
2. You do have a choice.
3. You can change this.
4. You can take back your power.

Here are 2 action exercises to practice this week:

1. Every time a negative thought comes into your head, just say Cancel and replace with positive thought.
2. Every time you say, "I don't want...", replace it with "So, what do I want?"

Also remember to keep 'an attitude of gratitude' going because nothing will attract more positive things into your life than this one simple action. By being grateful and acknowledging the things or people that are making your life truly wonderful, you have a sure fire method to make sure that you KEEP your life heading in that direction.

If you want to learn more strategies for taking back your power and attracting more of what you do want in your life, get a copy of my People Pleaser No More™ System (see below) for more information. It has everything you'll ever need to have more productivity, more profit, and more power in your life right now.

Get your copy today. You'll definitely be grateful after reading it.

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