

I believe in the power
of positive thinking



**ASSIGN
BUSTER**

I believe in The Power of positive thinking. I am going to explain first the logic behind the Power of positive thinking, it is simple, if you think positive good things happen to you. In other word, when you focus on the things that you want rather than the things you don't like, you start attracting the good toward you.

I started attracting on this way of life after I read a book when I was in college entitled ' The Secret'. This book is about the power of positive thinking and law of attraction. I get a lot of life lesson from this book. It was not easy to change many years of bad thinking behaviors, but I was sure that will help me to make big changes on my focus.

I am an Orthodox Cristian and some of the methods I read in this book are like and easily applicable to my religion and faith. The logic is like one of the quotes in the bible " Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." the theory discussed in this book is already known, but are long lost and forgotten, but thanks to this book connected for me again.

I practice positive thinking in my day to day activities and through praying. I trust I will get what I wish and pray for. Sometimes when something doesn't quite go to plan, I am trying deal with it and tell myself this happen for good reason and start refocus and look for another solution.

I believe having a negative mentality is a bad tendency and one can only change it by adding a new good habit to life, it's like making a daily list of the positive things you have in your life and the good things that you do have.

I also know that positive thinking changes many lives and gives hope to those in need. What I know also the healthier feeling I get while exercising positive thinking in my life. According to an online journal I read once, "Thehealthbenefits of positive thinking", Optimists are likely to be more resistant to physical and mental health problems as they grow older.

In a study, optimistic teens enjoyed more protection againstdepressionand were less likely to indulge in antisocial behavior and substance abuse. The study reveals that optimistic kids are better able to avoid behavioral and emotional problems as they grow up. Pessimists are more prone to depression reports the journalPsychologyToday

I believe if I am happy positive outcomes will happen for me. I believe in trying to think in the positive of everyone. I believe in optimism, the power of positive thinking.