



**POSITIVE ATTITUDE,
AFFIRMATIONS AND
VISUALIZATION**

QUOTES: POSITIVE ATTITUDE

- “Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.” ~ Thomas Jefferson
- “When you believe you can...you can!” ~ Maxwell Maltz
- “You must be the change you wish to see in the world.” ~ Mahatma Gandhi
- “Attitudes determine actions. You are not what you think you are. What you think, you are.” ~ Author Unknown



WHY KEEP A POSITIVE ATTITUDE?

- Never under estimate the power of a positive attitude
- A positive attitude is a choice only controlled by you
- Your attitude and your potential go hand and hand
- Determines success or failure
- “No one can sincerely try to help another without helping himself.” ~ John Maxwell



POSITIVE ATTITUDE, CNTD.

- The future is yours for the taking
- Today is the first day of your future; do not live in the past – let it go!
- Conceive it on the inside, before you can ever achieve it on the outside
- You and only you can change your thinking and the negative strongholds that exist in your mind
- “If you want to change your world, start by changing your words.” ~ Joel Osteen



POSITIVE ATTITUDE, CNTD.

- “You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself.” ~ Jim Rohn
 - Take 100% responsibility of your life
 - Give up all your excuses
 - Event + Response = Outcome (E + R = O)
- If you do not like your outcomes, change your responses
- Associate yourself with successful, positive people
- Read positive quotes and stories that inspire



AFFIRMATIONS

- “An affirmation is a statement describing what you want.”
- An affirmation should be personal, positive and written in the present tense.
- Affirmations can change your attitudes and behaviors.
- Decide what you want to improve, write it down, what it look likes, sounds like and what it feels like.



AFFIRMATIONS, CNTD.

- Believe in yourself and go for it
- Decide that you are capable of doing anything you want and start working toward it now
- Program your mind for success – daily set your mind to expect good things will happen for you
- Who you are is the greatest asset you'll ever possess.



HOW TO WRITE AN AFFIRMATION

1. Start with the words I am
2. Use the present tense
3. State it in the positive. Affirm what you want, not what you don't want.
4. Keep it brief



HOW TO WRITE AN AFFIRMATION, CNTD.

5. Make it specific
6. Include an action word ending with *-ing*
7. Include at least one dynamic emotion or feeling word
8. Make affirmations for yourself, not others
9. Add “*or something better*”



VISUALIZATIONS

- Conceive it – Believe it – Achieve it
- Enlarge your vision
- See yourself as a winner – reprogram your mind of any negative strongholds and replace them with a winning, can-do attitude
- What you keep before your eyes is what you will achieve in life
- You cannot put new wine into old wine skins



VISUALIZATION, CNTD.

- You can control three things in your life:
 - Your thoughts
 - What you visualize
 - The actions (your behaviors) you take
- “If you keep on doing what you’ve always done. You’ll keep on getting what you’ve always got.”
- **Statistic:** A human speaks to themselves at least 50,000 times a day and 80% of that self-talk is negative.
- **Statistic:** Some psychologists are now claiming that one hour of visualization is worth 7 hours of physical effort.



MAXINE'S PHILOSOPHY



WEB RESOURCES

- Google Key word search: “positive attitude” -
<http://www.google.com/search?hl=en&q=%22positive+attitude%22>
- <http://www.self-improvement-resources.com/Positive%20Attitude/attitude-poem-positive.html>
- http://www.thinktq.com/welcome/tqs_registration_plain.cfm?sa=109101&ac=000539&lp=000161



RECOMMENDED READING

- The Power of Positive Habits, Dan Robey
- The Success Principles, Jack Canfield and Janet Switzer
- Your Best Life Now, Joel Osteen
- The Present, Spencer Johnson



REFERENCES

- Ellis, D. (2006). Becoming a Master Student. Boston, MA: Houghton Mifflin Company
- Canfield, J. & Switzer, J. (2005). The Success Principles. New York, NY: HarperCollins Publishers.
- Osteen, J. (2004). Your Best Life Now. New York, NY: Warner Faith.

