

THE POWER OF POSITIVE THINKING

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Do you believe that positive thinking can affect on your reality? In 1952, Norman Vincent Peale popularized optimism with his book, *The Power of Positive Thinking*. Since then, we've been inundated with the idea that positive thoughts can change our reality. Supposedly, positive thinking has the power to make us live better, healthier, and longer lives. Charles Swindoll is often quoted, "... I am convinced that life is 10% what happens to me, and 90% how I react to it."

According to Google results, 60,000 (or more) thoughts go through our minds every day. And, 90% of these thoughts are about our past and future. Our subconscious mind even continues to "think" while we are sleeping (hence, our dreams).

So, what do you think? If you believe that attitude is an important factor in improving life, why not experiment with your thinking? Pay attention to the thoughts that are flashing through your mind. What do you think about yourself? Your relationships? Your job? Your desires? What are your excuses for not achieving what you want?

Your thoughts reflect your beliefs. We are endowed with *beliefs* that can either assist us in achieving what we want in life, or hold us back. What are your beliefs? What do you believe about yourself, men, women, relationships, family, work, prosperity, health, aging, or death? Do your beliefs help, or prevent you from living the life you want?

The good news is that thoughts and beliefs are not set in stone. Humans have a unique ability to look logically at our thoughts and beliefs, and to challenge or change them. We do this by first becoming aware of what they are. Then, we replace them with more helpful and effective ways of viewing the world.

Making adjustments in thinking or changes in beliefs is not easy. It takes patience, practice, perseverance, and courage. But, if the outcome is living a happier, healthier, more productive life, isn't it worth it?

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