

THE BENEFITS OF THINKING POSITIVE

- Attracts positive energy and events- the laws of attraction set in motion likes draws to likes. Positive thinking brings back to us the same energy we put out.
- Makes becoming successful easier- most successful people are positive thinkers which promotes problem solving. Positive thinking stimulates your motivation to achieve goals in life.
- Helps you handle stress better- you will focus on solutions when a problem arises. Instead of complaining, you will be more engaged to create a plan or solution that will resolve the issue. Thinking positive helps stress levels which in turn reduces blood pressure.
- Builds up the immune system- this makes sense because it helps us cope with stress and stress contribute to most diseases and sicknesses. Being positive helps us to avoid bad and unhealthy behaviors. Thinking positive makes us less depressed, minimizes the risk of death from cardiovascular problems, more resilient in being able to with stand pain or stressful issues, and thinking positive helps increase our lifespan.
- Better relationships- have you heard the saying, “what you give out, you get back”? Giving out a positive attitude or thinking positive attracts those type of people and or events to occur in your life. Concentrating on the good things about others or a situation, helps other see you as a happy joy filled person. This will attract others to want to be around you and or enjoy your company.
- With these above mentioned benefits, positive thinking encourages you to take better care of yourself. You will want to eat healthier and watch what is put into your body, as well as pay attention to how you treat your bodies. Positive thinkers are more likely to exercise and avoid dangerous sexual activity.

Overall thinking positive brings inner and outer benefits. Benefits for yourself and having better relationships with others to being surrounded by positive energy and events. Positive thinking is the way to live in this life. ~ ~ by: Dr. Nicole Smith