



**CULTIVATING THE SEEDS OF CHANGE ©**  
**Renée Canali, Mindset Coach Vol.4, Issue 11, November, 2007**  
***The Year of Celebration***

**Is Positive Thinking BAD?**

Does positive thinking work? Does it have a negative effect or have no effect at all?

For over fifty years, since the publishing of The Power of Positive Thinking by Norman Vincent Peale, there have been many conversations around whether positive thinking is good or bad. Recently, the discussion has resurfaced with the popularity of The Secret by Rhonda Burns.

The Secret is about the Law of Attraction and in its explanation, The Secret talks about using affirmations and positive thinking to create what you want in your life. Critics of the movie argue that just thinking positively and using affirmations does not make the perfect life materialize. I agree. Success takes action.

I like the definition of positive thinking presented by Remez Sasson: ([www.successconsciousness.com](http://www.successconsciousness.com)) “Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is a mental attitude that expects good and favorable results.”

That being said, positive thinking doesn't guarantee that everything turns out exactly how you want it to turn out. Research does show that whatever you believe you achieve, good or bad. Life is harder when your success is based on negative thinking. Although I believe I have been more positive in my thinking, I can identify times when I gave in to rumor and negative thinking. Those times kept me stuck and attributed to what little misery there may have been.

Positive thinking alone will not create the life of your dreams. It will establish a healthy, growth (change-based) thought process that will excel your progress and lessen the stress of those trying times. Other than negative thoughts and little or no results, what do you have to lose?

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## GROWTH ACTION PLAN FOR NOVEMBER 2007 ©

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Developing a positive thinking pattern takes awareness and consistent application. My clients will tell you that they still can catch me “slipping up” every now and then! Once you develop an acute awareness, you easily catch yourself using less empowering words and begin to substitute more positive ones in mid sentence.

See if you can change a word or two in each of the following sentences to make the power behind the thought more intensely positive. Or, change the whole sentence:

I'll try to get to that project soon, but I am too busy right now.  
It shouldn't take very long once I start.  
I can probably have it finished unless something else comes up.  
My plan is pretty good.  
I'll be glad when this is over and I can enjoy myself.  
I'm afraid that I won't make that deadline.  
I could have won if I didn't have a black cloud over me all the time.  
It isn't easy being in my situation.  
Even though I didn't get the promotion this time, I have to next time because I have seniority.  
If I had what you had, I'd certainly be happier.  
I hate getting out of bed in the morning.  
I have done everything I could and it still turned out wrong.  
I think I might be able to at least give that a shot.

How did you do? As you read over the changes you made for each sentence, did you notice a difference in how you felt reading the first one and reading your version?

***Stray thoughts, left to graze on their own without the watchful eye of a shepherd invariably wander off in any number of directions, and sometimes fall off a cliff of fear.” Joe Vitale***

The more positive your thoughts are, the more powerful you feel. Powerful thoughts result in you taking responsibility for the results you get. Denise Lammi, author of [Your Own Devises: A Life Manual](#) says “Positive thinking is just one of the foods that promote success and happiness.”

*You* decide if and when you are ready to achieve a success-filled life.

For things to be different you have to cultivate change. Take action ! Contact Renée at [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com) or call 866-337-2728. to experience a sample coaching consultation.  
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