

The Power of Positive Thinking



“If you think you can, you’re right!
If you think you can’t, you’re right!”

- Henry Ford

Your mind will believe the thoughts that we put in it, and it will make us *feel* positive or negative emotions according to thoughts we *choose* to have.

That is why we need to give careful consideration to the thoughts that we allow ourselves to think.

If we think negative thoughts, soon we will only see the negatives in situations regardless of how **dazzling** the positives are.

If we think positive thoughts, soon we will be able to see the positives in even the most challenging situations!

We can train our mind to think **positively** by using **affirmations** – these are statements said over and over to help us create positive emotions.

Affirmations **MUST** contain the 3 **P**'s!

Affirmations must be **Positive**.

Affirmations must be in the **Present Tense**.

The affirmation must be in the First **Person**, i.e. They must begin with 'I'.

Negative Thought

I should know all my tables by now.

I hate going swimming because I'm in the shallow end.



Positive Affirmation

I know most of my tables and will learn the rest soon.

I'll soon be moved into the middle group for swimming if I keep practising.

