

## The Power of Positive Thinking

*You are what you think, you feel what you want.*

All of our feelings, beliefs, and knowledge are based on our internal thoughts, both conscious and subconscious. **YOU** are in control, whether you know it or not.



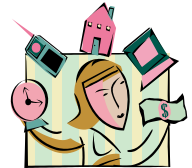
Think **positively**: “I can write a 10 page research paper!”

Aim high and do your **best**: “I want an A on my paper!”



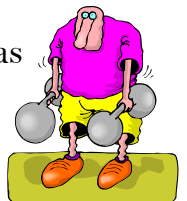
Make **positive** commitments to yourself, to learning, to work, to family and friends. Praise yourself.

Set **realistic** goals and priorities for what you think and do.



Develop a **strategy** for dealing with problems. Be **honest** with yourself.

Be **courageous**. Do your best and don't look back. See learning and change as opportunities.



People with these characteristics have less stress, better overall physical and emotional health, longer lifespan, and better coping skills.

## *7 Suggestions for Building Positive Attitudes*

In every class, look for positive people to associate with.

In every lecture, look for one more interesting idea.

In every chapter, find one more concept important to you.

With every friend, explain a new idea you've just learned.

With every teacher, ask a question.

With yourself, keep a list of your goals, positive thoughts and actions.

Remember, you are what you think, what you feel and what you want.