

Richard Gee

From: Phil Evans [peoplemail@peplestuff.com.au]
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To: richard@geewiz.co.nz
Subject: Richard - PeoplEmail from Phil



Hi there Richard

Welcome to this week's PeopleEmail.

The Polyanna Approach

OK - What have you got to be glad about?

Regardless of the situation, and how much it outwardly seemed to be disastrous, the Polyanna approach to life is to ask yourself (or someone else), "what have you got to be glad about, despite your situation"?

People often put down this bright-eyed approach to life - and do actually knock the Polyanna's of the world. After all, she was just a little girl with a big dose of positive mental attitude. Instead of mocking, perhaps we should learn something from her. When you think about it, positive thinking is the only sensible way forward. Our thinking creates our reality, so it's totally crazy to continue to be creating our reality based on negative thinking! When we realise this, we understand we cannot afford the luxury of negative thinking.

Remember, whether you think you can - or think you can't - you'll always be right!

Actually managing our thoughts is essentially the key to life management, and we all have the power to choose what we think. It may take time and effort to break the habit of negative thinking, but that is just what it is, a habit. So the trick is to develop and nurture a new habit of looking for the positive. And the first step is to catch yourself when you are thinking negatively.

It may shock you to know that between 30,000 - 60,000 thoughts actually run through our minds every day, and in many cases the majority are actually negative. Perhaps when you catch yourself thinking negatively, you can turn it into a positive "but - what if". Whatever it is, search diligently for your own way to turn it around, by seeing a positive advantage. Focus on the fact that your outer world reflects your inner world, so which way would you rather think? You can create the habit of positive thinking!

One of the best tools or methods for this is daily affirmations. These are sayings repeated on a daily basis to help you move towards a more positive reality. It is a way of harnessing the power of words for your benefit because your reality starts with a thought. Help your mind along a more positive path. Just remember that the simple guidelines with affirmations is that they must be personal, in the present, and positive. For example, "today I achieve everything effortlessly" rather than, "today I will not have any problems". The latter would still be focused on the negative. Remember that whatever we focus upon expands in our lives. Therefore, focus on what you want - rather than what you don't want!

Start with something simple like "Life is easy and I choose to feel happy today" or "Because I

create my own reality, I choose to make today count." You can write them down, say them out loud, sing them, it's up to you, but a minimum of six times a day is good. Develop the habit.

Yes - when we're feeling miserable about life - it can be hard work to do this sort of thing. That is the challenge - but worth every ounce of effort you put into it.

So - You've got nothing to lose and plenty to gain by trying it - and sticking to it!

"True Happiness in life isn't having what you want - but wanting what you have"!

Namaste - 'The Spirit in Me acknowledges the Spirit in You'.

I'll be back soon - meanwhile

Remember the Polyanna approach - "What have you got to be glad about"?

Yes - be yourself - and be good at it!
Learn the Art of Being You!
Stay in your own power - and enjoy it!

Have a great week of being good to yourself and others.

Remember: "What others do or say is their stuff; how we react, or not, is our stuff"!

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