

Be Renewed by Positive Thinking- Make the “Wright Brothers” Choice

Don't Quit!

The world-changing Wright Brothers did over 1,000 glider flights at Kitty Hawk, NC before inventing the first, powered, heavier than air, aircraft-“Flyer 1.” (wright.nasa.gov/overview.htm)

The TEN SUGGESTIONS for Positive Thinking

in 1 Minute

1. Acknowledge the positive in your life and begin to reestablish some balance in your emotional register. Tip: **Don't mistake a Dolphin's Fin for a Shark's Fin.**
2. Avoid focusing only on the bad things that happened during your day but consider the good as well.
3. Stop and count your blessings. Write down even the simplest things that you have and enjoy; a roof over your head, a bed to sleep on, quality food, warmth (coolness) security, good health, friends or family.
4. Acknowledge that not everyone has these things (the homeless).
5. Say something positive to yourself as soon as you wake up every morning. This will keep your energy and mind focused on positive thinking. Tip- If you've been lucky then say- “it's my lucky day.”
6. Be thankful for each day you have; you never know which one could be your last.
7. Visualize positive things; this does not take long but can help you regain focus.
8. Think about success, read about successful people (e.g., the Wright Brothers).
9. Don't admit defeat before you are defeated. You don't deserve to beat yourself down so that you can punish yourself.
10. Review your goals at the end of the day and think about everything you have achieved. This is cathartic and will help you sleep better. Check off the things that you accomplished on the To-Do list.

(Gorfien, 2021)

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