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# Foreword

We talk a great deal about self-worth without utilizing it really. Seldom do we make a real judgment of ourselves and consider ourselves as we really are. If we were to get more hard-nosed about ourselves, our lives would absolutely become much more fruitful and productive.

Self-belief and realizing of self-worth is the basic step towards acquiring positive thinking with anything. Positive thinking doesn't arrive without getting confident about yourself initially.



## *The Art Of Positive Thinking*

*Learn how you can tune your mind and attract a positive lifestyle!*

# Chapter 1:

## *Consider Your Views*

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### Synopsis

The opening move to thinking positive is to comprehend who you truly are. Among the most crucial matters you have to do to accomplish any sort of positive thinking is to be really truthful about yourself. You have to comprehend who you actually are. You have to comprehend your fortes and your potentials. Recognizing that is a real crucial step of trusting in yourself.



## **The Truth**

Many individuals are rather limited in their mental resources. That's the way we have been disciplined to think. By our parents, our teachers, our bosses, and so forth. Everybody tells us to consider inside the regions of possibility. But what does the 'region of possibility' really involve?

For many individuals, it refers to what is acknowledged, what is seen and what is already accomplished. We're told to move inside that margin. We're told we can't go beyond that.

And that's how come, when we begin early on in life, we don't accomplish anything else but simply emulating others. Our goals are merely what others have already accomplished.

Does any youngster make a goal about discovering of a fresh scientific find? Does anybody tell them that they'd bring a fresh invention in the world and make that into a multibillion dollar endeavor? Does anybody set goals that are on the far side of the accomplishments that other people have already made?

The reply is a steadfast NO. Our goals are the timeworn matters - we wish to become MDs, programmers, spacemen, pilots, sportspeople, and so forth. We don't need to run beyond the established. The individuals around us coerce us to remain inside established limits.

If we're brought up in this fashion, our innate mental progresses are choked. As children we're speculative about everything around us, but as we mature this innate curiousness fades away.

But that's truly rather damaging to human progress. If the excellent discoverers and inventors had all left their wonders in their puerility, they would not have made the world what it is today .

Where is all this guiding us? This is pertinent to us, as it's the way we train our brains that limits our imaginations. When we make our visions in life, we remain inside the 'regions of possibility' we don't presume to think beyond that. For us, only those matters that are accomplishable are those that others have already accomplished.

But hasn't history demonstrated again and again that people have broken the roadblocks of being average and techniques and gone beyond? It's rather conceivable for us to do the same too.

Thus, the term 'accomplishable' is rather relative. But if we were to apply that in a general context, 'accomplishable' would mean 'unlimited'. We shouldn't restrict our thoughts. Simply because somebody else hasn't accomplished something yet, it doesn't mean that we won't be able to accomplish it.

We must bear that in mind when we are building our visions in life. Nothing is inconceivable for the human brain; nothing is unachievable, nothing is undoable.