

Positive Thinking: 7 Strategies to living a happier life.

Knowing that your thoughts craft your feelings will empower you to engage the act of positive thinking.

Positive thinking is focusing on the good side of every situation. It is being optimistic and having the assurance that there is something positive for you even at the end of the tunnel.

Life will always present you with situations that looks difficult and impossible to solve. Sometimes, solutions might seem impossible but the ability to engage in positive thinking will help you to see beyond the problem and to see the solution that lies therein. This does not mean that you ignore problems or pretend that they do not exist. Instead, you see them with an eye of possibility and the hope that things will be well.

Whether you are going through a dark season of life or things are going on smoothly with you, yet, you must engage the act of positive thinking in order to live a fulfilled and a stress-free life.

Positive thinking has a lot of impart on your spiritual, physical and emotional wellbeing. One of the best ways to overcome Anxiety, worry and depression is the practice of positive thinking. Do you desire to live the life of your dream? If yes, then you need to engage in positive thinking. See beyond the problem, see beyond the present challenges you are going through and know that the answer lies in the question.

Isaiah 8:12 “Don’t call everything a conspiracy, like they do, and don’t live in dread of what frightens them.”

You should not run the rat race like everyone, neither should you allow what you see, hear or feel determine the outcome of your life. You can predict your own future and take the right action to making it a reality through the practice of positive thinking.

“If you can see it in your mind, then you can hold it in your hands.” Shine Rose

“You can turn your dream into reality from your mind.” Shine Rose

Your future start from your mind, so you need to develop positive thinking to turn your dream into reality. When you hold a picture of your future in your mind for so long, you will see them turn into reality. This is because the picture in your heart strengthens your will power to pursue your dreams and causes you to pursue resources that you need in making your dream a reality.

You must declutter your mind from all negative thoughts and emotions so as to develop the act of positive thinking.

Its true that you cannot stop a bird from flying over your rooftop, however, you can stop the bird from perching and making a nest on your rooftop. In like manner, you might not be able to prevent negative emotions and thoughts from crossing your mind but you can determine how long you want them to stay on your mind. You can also determine your reactions

and attitude towards negative thoughts, actions and emotions by practicing positive thinking.

Positive thinking will enhance you to take the right decision even in the midst of contrary situation. You will be able to see beyond the natural and hence, you will act rightly and positively.

Wondering how to live a more fulfilled life through the act of positive thinking? These seven (7) strategies will guide you on how to live a happier life through positive thinking.

7 Strategies to Living a Happier Life.

1. Develop your mindset

Your mindset is what you think about life, your life's philosophy, personal definitions, principles, personal views about your situation, your environment and the world at large.

If you think that nothing is working in your environment because of the poor economic situation of where you are, there is nothing you lay your hands on that will succeed. So, you see, your mindset is very important. If you think no one is reliable on earth and that everyone is dubious, you will only encounter people who are unreliable, just like you have thought.

Romans 12:2 "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

Then you will learn to know God's will for you, which is good and pleasing and perfect.”

If you want to live a good life, you must change the way you think. You need to learn new things, absorb new information which will help you to redefine your life's principle and then engage in positive thinking. You should learn, unlearn and relearn so as to have the right mindset that support positive thinking. Thinking that the business will prosper will energize you to start it and to put in all the required efforts and resources. You should cast out every thinking pattern that are contrary to achieving your dreams.

Three kinds of mindset that you should develop to enhance Positive thinking.

I CAN Mindset

Believing that you can is the first step to turning the impossible into possibility. You need to resist the thoughts of failure and a poor self-esteem because it will limit your God-given ability to do the impossible

“For I can do everything through Christ, who gives me strength.”

Philippians 4:13

Believing that you can do anything will energize you into launching into greater depth and tapping the potentials that lies inherent within you.

“If you think you can, then you will”. Shine Rose

God has so much good plans for you and he has deposited into you the potentials to make them happen. So, you don't need to be afraid when stepping out. Even when you fail, you have just learnt a way of not to do it, this does not mean that you are a failure. However, although you've been threading the route of I can't, you need to retreat, get the required resources and information and develop new strategies that will make your goals achievable.

“The first step to making a miracle happen is believing in yourself.” When you belief in yourself, then you will consistently remind yourself that you can, despite all odds and limitations.

2. POSSIBLILITY Mindset

Positive thinking will help you to develop a possibility mindset. Anytime life present you with a challenging situation, aside having the mentality that you can, you should also believe that it is possible.

The Lord asked Ezekiel

Ezekiel 37:1-3 “Sometime later, I felt the Lord's power take control of me, and his Spirit carried me to a valley full of bones. 2 The Lord showed me all around, and everywhere I looked I saw bones that were dried out. 3 He said, “Ezekiel, son of man, can these bones come back to life?”

I replied, “Lord God, only you can answer that.”

Humanly speaking, the situation doesn't seem possible but because Ezekiel knew that there is nothing beyond the power of the Almighty, he knew there is a possibility which made him not to give a negative reply.

The valley of dry bones is a picture of a hopeless or difficult situation. You do not need to right-off yourself and conclude your own case even before your case is concluded by God. Trusting in the power of the Almighty will give you hope even when all hope is lost.

Do you think it is possible for your business to thrive again? Do you think that your marriage can be restored or that the runaway chap can come back home? If yes, congratulations!!! You are a step to your miracle. This is the power of positive thinking.

Developing a possibility mindset will empower your mind to overcome all worried, fear, doubt and to strengthen the will power in you. It will propel you to seek for the required resources needed to birthing the solution you required. Positive thinking will help you overcome all hurdles to reaching your goal.

Optimistic Mindset

If you think that nothing Good will come out at the end of a situation, then, that's how it will be. Being optimistic will keep you going even when you goal is not in-view. Anytime you know that you are on the right track, please do not stop despite the challenges. Fill your heart with the thoughts and imaginations of how the end will be. Let this image in your

heart keep you going, and be your source of motivation even when external circumstance is saying otherwise. Nevertheless, you cannot create a positive image of your goal in your heart if you have not mastered the act of positive thinking.

2. Taking over/ handling your state

This is handling your emotions especially negative emotions. A changing emotional state is what we all experience as human. However, we must be able to manage each of these states and know when to translate to another positive emotional state. You should also be able to determine how long you are to dwell in an emotional state so that you can live a happier and fulfilled life. This is how the act of positive thinking will help you to achieve this;

It is not a crime for you to wake up in the morning feeling depressed and unmotivated for the day. You might also feel angry for no reason, just being angry at yourself. However, thinking about an appointment which you are so optimistic about or an old friend you are planning to meet, will help you to jump out of bed and shake off the negative emotions. Do not allow the negative emotions to stay too long on your mind that you become blinded to see the good around you.

You have the right to be angry at yourself and at the same time sad, after receiving the doctor's report for a positive diagnosis for a terminal disease. However, this does not mean that your life will come to an end

immediately. Instead of allowing the feelings of death, sorrow and depression, write a list of the good things you have achieved in life and be grateful for them. Make an online research of persons who have survived such sickness and how they cope with it and then embrace such life style. Do not allow negative emotions to kill you even before the sickness does. Because sometimes, it is the negative emotions that comes with the sickness that kills, and not the sickness itself.

I understand that your spouse has hurt you so deeply and you feel nothing but bitterness and revenge towards him/her. Instead of living in bitterness and revenge, you should engage the act of positive thinking. Think about how happy you used to be and compare it with the bitter state that you are now. Which of the states do you prefer? I guess you will like to be happy again. This is a major reason why you should forgive and let go so that you can live a happy life again.

Revenge will cost you more pain than you have experienced. Instead, see this time as an opportunity to develop yourself and turn into reality your old dreams. Rather than devising strategies for revenge, you should develop strategies to becoming the man/woman of your dream. Fill your heart with the image of the kind of man you would like to be and start working on becoming it. Depression will kill your dreams and suffocate out of you the life and essence for your existence, therefore, do not give it a change. Practice the act of positive thinking.

3. Embrace strategic thinking and strategic planning

Your mindset will influence your thought pattern. Therefore, when you embrace the act of positive thinking, your thought pattern will also change to a productive one which can be termed strategic thinking. Having an I can mindset, possibility mindset and optimistic mindset which are products of positive thinking will enhance your mind to engage in strategic thinking.

Strategic thinking is an intentional and rational thought process that focuses on the analysis of critical factors and variables that will influence the long-term success of a business, a team, or an individual. This is how positive thinking will improve your ability to practice strategic thinking;

Strategic thinking includes careful and deliberate anticipation of threats and vulnerabilities to guard against and opportunities to pursue. Ultimately strategic thinking and analysis lead to a clear set of goals, plans, and new ideas required to survive and thrive in a competitive, changing environment. This sort of thinking must account for economic realities, market forces, and available resources.

Strategic thinking requires research, analytical thinking, innovation, problem-solving skills, communication and leadership skills, and decisiveness. By incorporating everyday strategic thinking into your work and life routines, you will become more skilled at anticipating, forecasting, and capitalizing on opportunities.

On an individual level, thinking strategically allows you to make a greater contribution in your role, become more essential to your organization, and prove that you're ready to control greater resources.

Strategic planning is a well-designed step by step approach to achieving your desired goals within a specified time frame. You will not be able to see into the future if you have not mastered the act of positive thinking. Positive thinking will improve your mental health which in turn will help you to engage in effective strategic planning. Thinking positively will help you to devise the right and positive strategies to achieving your goal. It will also keep you motivated while pursuing your goals.

4. Determine your actions and reactions

The thoughts in your mind are determinant of your actions. Just like proverbs 23:7a says, "For as he thinketh in his heart, so is he". Your life, actions and character are reflection of the thoughts of your heart. When you embrace the act of positive thinking, then you will have positive actions and attitude.

When you think positive thoughts, you will display positive actions and attitude irrespective of what is going on around you. If you want to live a happy life, you should not allow your feelings to determine your actions. Instead, practice the act of positive thinking and strategic thinking before you take an action.

Hurling back a bunch of insult at the other person who have just insulted you is not a healthy action.

Luke 6:45 “A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.”

It’s true that you will feel like getting even at the other person but to live a happier life, you must make more friends than enemies.

Positive thinking influences the kind of words that you speak and consequently your actions. You must be able to consistently think positively if you actually want to live a good life. This is how positive thinking will help you; if the other person has said negative things about you, its normal for you to feel bad but instead of reacting negatively in words and action, take a deep breath and exhale the bull shit.

Believe that, that is the person’s opinion and you cannot stop them from expressing their opinions. But, remind yourself of the truth about the situation and believe only the truth and that is the truth about who you are.

Having this knowledge and the ability to practice positive thinking will enable you to have the right positive action and reactions towards all situations.

5. Always choose positive words

Luke 6:45 “A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart.” Can you hear that?

Positive thinking will help you to choose and use positive words at all time. When you engage in positive thinking, you will develop a positive mindset which will in turn affect your words and action. Do not say to others what you wouldn't want anyone to say to you. Positive thinking helps you to be fair and just in your relationship with others.

Any words that you repeat over and over will become a reality to you. When you say that you are sick a multiple number of times, then you are attracting the negative energy that will activate the feelings of sickness in your body. Engage the act of meditation and positive thinking will help you to say positive words at all time. When you discover who you are through God's word and your purpose for living, you will no longer be moved by people's contrary opinion about you.

Saying positive words over and over again also brings healing to the soul, heals depression and brings hope. When next you are faced with a negative situation, do verbalize them. But instead, use positive words that contradict the negative experience that you are having. This will provide you with a great sense of relieve, healing and hope.

6. Carefully choose your inner circle of friends

Proverbs 13:20 “Walk with the wise and become wise; associate with fools and get in trouble.” One of the kind of friends that will have a direct effect on your life are your inner circle of friends.

The kind of people who are your inner circle of friends will reflect the kind of person you are and also affects your mindset. You will always think like the people you are communicating with. This means that if you want to live a happier life, you should have people who are positive thinkers as your friends. Read more on how to choose your inner circle of friends.

You should surround yourself with positive and supportive people who will encourage you in the realization of your dreams. Having more negative people around you will increase your stress level, anxiety, fear, worry and depression. You should stay away from person who says negative things about who you are or about your dreams and goals.

7. Live a life of gratitude

Living a life of gratitude will enhance the power of positive thinking in you. Be grateful for the blessings of the past and that of today while you live in hope of a better tomorrow.

Make sure that you appreciate every act of kindness you receive especially from God. Being grateful will help you to be able to see possibility and solution in every situation. You will consistently live an optimistic life with an attitude of gratefulness.

“Be more focused on the things you have and worry-less on the one thing that you do not have.” Shine Rose

Instead of worrying and being depressed about your unfulfilled desires, you should be grateful for your life, the cool breeze, the flowers, the good health you are enjoying and for your loved ones.

Being grateful will improve your mental health and help you to develop good and positive lasting relationship with others.

When expressing gratitude, make sure you express it with clear words. Speak out the words, “I am grateful”, “Thank you”, “Thank you Lord”, “It’s my pleasure”, “Well-appreciated”, “Am honored”, etc. These words help to stimulate in you joy, happiness, increased self-worth and a feeling of achievement.

Constantly look out for the good in a situation, focus on them, meditate on them and be grateful for them. This will keep your heart and mind in a positive state and propels you into a consistent practice of positive thinking.

Do you desire to live a happier and fulfilled life? Embrace these seven (7) strategies to living a happier life through Positive thinking.