THE BENEFITS OF POSITIVE THINKING

Did you know your outlook determines how you live your life? A positive person tends to be happier and successful, while a negative person tends to be unhappy and less successful. Why is this? It’s because positive thinking allows you to see the possibilities in life. You are never limited. This is just one of the benefits of positive thinking. Here are some other benefits of positive thinking.

**LONGER LIFE**

According to the Mayo Clinic, optimists have a 50% lower risk of early death than pessimists. If you want to live a long life, you need to start thinking positively.

**LESS STRESS**

Worrying is a form of negative thinking. Worrying also leads to more stress. The more you worry about the outcome of an event, the more stress you place upon yourself. Be confident and positive that things will work out and you will experience less stress.

**BETTER SLEEP**

If you are less worried about the day to day events in your life, you will be more relaxed at night. This means you will fall asleep faster and stay asleep too. The more stressed you are, the more restless sleep you will experience. By staying positive, you fend off stress and worry, allowing for better sleep.

**IMPROVED IMMUNITY**

In a study by Carnegie Mellon, researchers gave participants the cold or flu virus. The positive thinking people that were infected with the virus reported fewer symptoms and they produced less mucous. The positive thinking group even had fewer participants get sick.

**MORE APPRECIATIVE OF THE “LITTLE THINGS” IN LIFE**

When you think positively, you appreciate the little things in life that make life so great. When you are thankful for these things, you keep yourself in a positive mindset and that helps to ward off negative thoughts.

**MORE SUCCESS**

Positive thinking people tend to reject fear and take more action than negative thinking people. The fact that a positive person acts is why they tend to be more successful than their negative thinking counterparts. After all, as the old say goes, you’ll never make a shot you don’t take. In other words, if you just sit on the sideline, you will never experience success. Yes you will fail at times, but if you learn from your mistakes, it just increases your odds of success.

**HIGHER SELF ESTEEM**

When you are a positive person, you see the potential you have inside you. As a result, you carry yourself in a better light and have a higher self esteem than if you are a pessimist.
HOW TO START THINKING POSITIVELY

You just saw how positive thinking leads to a healthier, happier and more successful life. Now the question is, how do you start down the path of positive thinking? Luckily, it’s not that hard. Here are a few tips to get you started.

**MEDITATE**

Meditating is an easy tool you can use to start thinking positively. Just sit yourself down in a quiet room by yourself, close your eyes and breathe. Focus on your breathing and “tune out” all of the thoughts in your head. It’s not easy to keep the thoughts out of your head at first, but in time, you will master it.

**HAVE FUN**

Do the things that bring you joy. Laugh and have a good time. By doing the things you love to do, you forget about all of the other stuff happening in your life. This re-charges your batteries and puts you in a better mood. It also allows you to view issues and situations in a different light, coming to better and different conclusions.

**JOURNAL**

Journaling is an excellent way to think positively. Just take **10 MINUTES** before bed and write about your day. By putting the things that happen to you down on paper, it serves as a way to release the negative energy. As you write, you will see things differently and will be better at rationalizing events.

**FOCUS ON POSITIVES**

It’s easy to get caught up in the bad things that happen to us: the spilled coffee, the traffic, getting caught in the rain. But in order to think positively, we need to start focusing on the positives. Find them, no matter how small. A good parking spot, a cold beer in the fridge, an item on sale. Recognize them when they happen and be thankful for them.

Positive thinking is a possibility for everyone. It doesn’t matter what your education level is, your income, or your social status. You choose to be positive or negative, regardless of your life and circumstances. You have the control and power over your thoughts. So stop making excuses as to why you can’t be a positive thinking person. After all, what have you got to lose, other than your negativity?