

The Sources of POSITIVE Thought

- Let's get on the right track and talk about your everyday sources of positive thinking.
- It really is easy to start thinking in this manner. Pleasant thoughts are easily absorbed.

- The Mayo Clinic has actually done research on the results of positive thinking. By changing your mindset you can...

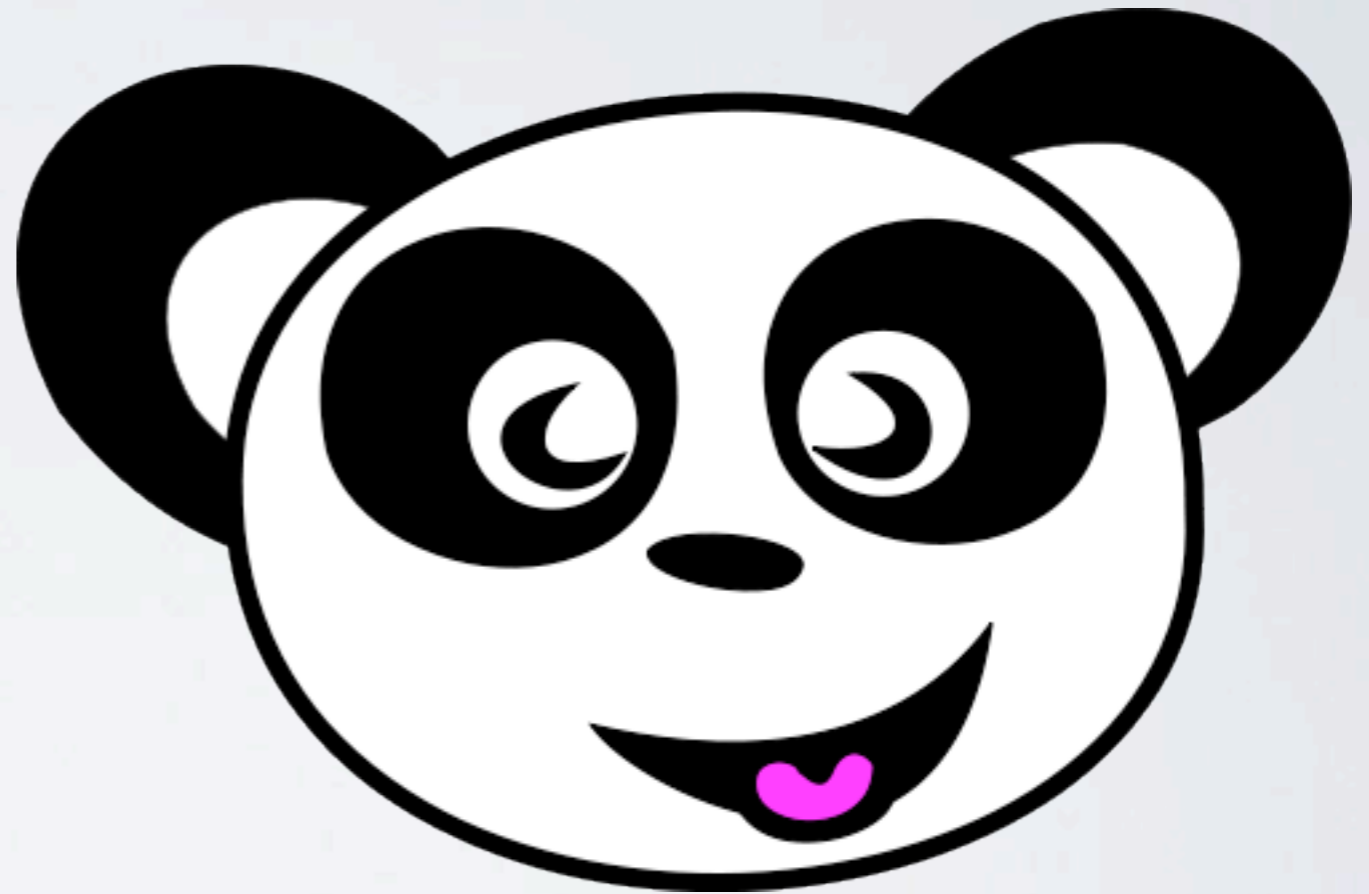
- Relieve Depression
- Live Longer
- Relieve Stress
- Fight Illness Better



- Use the following tips to start thinking positively today...

Sources of Positive Thought

- Think nice thoughts often
- Set powerful goals.
- Put things in perspective
- Face your challenges
- Be Grateful



COncclusion

Start off each morning by thinking positive thoughts and plan out your goal for that day. It can help to write down your daily goals along with a daily quote or affirmation. This can help you stay motivated and happy all day long.